Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

TORONTO metro®

$43,000,000 estimated
LOTTO 649
Wednesday's Jackpot

NEWS WORTH SHARING.

'I'M GOING TO HAWAAAAAAIIII!'

Maria Carreiro accepts a $40-million cheque from Ken McKenzie, VP of lottery at OLG, in Toronto on Monday. The 51-year-old grandmother from Toronto thought she had won $40,000 in Friday's Lotto Max draw, but then her daughter checked and told her it was really $40 million. She says that after 30 years of marriage she is finally going on her dream Hawaiian honeymoon. Story, page 4. CARLOS OSORIO/TORSTAR NEWS SERVICE

The power of positive pinking

Metro guest columnist Rick Mercer tells why he'll be wearing pink Wednesday to end bullying

PAGE 17

Lured into the life?

Crown lawyers paint a lurid picture of Ottawa's seamy underbelly as they begin their case against three teenage girls accused of forcing other girls into a prostitution ring

PAGE 8

Records give glimpse of 'dead' baby incident

Freedom of information request. Censored EMS documents released, but hospital and police won't divulge information

A cry changed everything.

A paramedic saw the tiny body of a newborn girl, pronounced dead at Humber River Hospital, covered by a sheet on a warming table.

He was later told the baby was in fact alive, after a police officer spotted movement under the sheet.

"I proceeded to the ER room," the paramedic's partner wrote in an incident report, "and saw staff caring for the child that was now crying and moving around for the first time in my presence throughout the call."

The glimpse inside Humber River, which has kept secret most information about wrongly pronouncing the baby dead in February, comes from Emergency Medical Services documents and audio, released to Torstar News Service by the City of Toronto under freedom of information legislation.

While heavily censored EMS records were released, the hospital and Toronto police denied requests for related documents. The hospital has refused to say what happened.

Critics say using privacy concerns to block access to all information, in a case with such public interest, is wrong.

"This young mother has certainly gone through quite an ordeal and respecting her privacy, certainly that's important," said Sharon Polsky of the Privacy and Access Council of Canada.

"But being able to release information, not personal information, but information surrounding the incident … there's nothing personal about it."

The hospital denied Torstar's freedom of information request partly because of privacy laws, which were also a reason given by CEO Dr. Ruebin Devlin in not releasing information about the incident.

"The family has asked HRH to refrain from additional public commentary on this case, and we will respect that request, just as HRH respects the patient's right to privacy," he said in an email last week.

The patient has never been identified.

The hospital has also declined to give information about policy changes or its investigation, since it was conducted under the Quality of Care Information Protection Act, which makes secret any findings and recommendations that come out of incident reviews.

It was meant to improve patient care by encouraging health practitioners to speak openly without fearing retribution. But critics say the law has turned into a tool some hospitals use to blanket all investigations in secrecy.

"There's a strong need for openness when something very unfortunate and bizarre like this happens," said Toby Mendel, executive director of the Centre for Law and Democracy.

EMS spokesperson Kim McKinnon said the reports released to Torstar were part of an internal EMS review, which found staff followed procedure and policies didn't need changing.

TORSTAR NEWS SERVICE

New arrival

- The baby's mother had almost made it to Humber River's Finch site to give birth when she and her mother called 911 early on Feb. 17.
- Two paramedics at first didn't see the women. Eventually they were spotted and EMS called for another ambulance. They drove slowly to the hospital, pulling over twice.
- Hospital staff were waiting when they arrived and many staff tended to the child, the EMS report says.

porter
flying refined

Boom! Boom! Boom!
SAVE! SAVE! SAVE!
We're having a big sale on base airfares.

Drum up some savings before this Thursday, April 11th. Saving big on base airfares lets you do your own song and dance - to any of our 19 destinations. Boom!

Flights from Toronto: Book by April 11, 2013. Travel by September 3, 2013. Advance purchase of up to 14 days is required. One-way fares include all taxes, surcharges and mandatory fees.* Fares starting from:

HALIFAX	MONCTON	MONTRÉAL	OTTAWA	QUÉBEC CITY	SAULT STE. MARIE	ST. JOHN'S	SUDBURY	THUNDER BAY
6 x daily	Daily	17 x daily	17 x daily	3 x daily	4 x daily	3 x daily	4 x daily	5 x daily
$186	$163	$124	$117	$129	$129	$237	$117	$152
Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees

TIMMINS	WINDSOR	BOSTON	CHICAGO	MYRTLE BEACH	NEW YORK	WASHINGTON
3 x daily	4 x daily	5 x daily	5 x daily	5 x weekly	13 x daily	Dulles 3 x daily
$129	$111	$161	$172	$203	$148	$161
Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees

Book online or contact your travel agent.

flyporter.com

porter Escapes

Limited availability. Vacation packages from Toronto. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, please visit our website.**

★★★★ **$668** — **BOSTON**
Fairmont Copley Plaza
Moderate Room
Dept. June 17, 18, 19, 20
; 2 nights

★★★★ **$602** — **CHICAGO**
Swissotel
Classic Room
Dept. July 1, 2
; 2 nights
Fly to and from Chicago Midway.

★★★ **$429** — **MONTRÉAL**
SpringHill Suites
Suite
Dept. May 5, 12
; 2 nights
Includes breakfast daily.

★★★ **$375** — **TIMMINS**
Cedar Meadows Resort & Spa
Standard Room
Dept. May 1, 3, 6, 7, 8
; 2 nights

Book packages online, contact your travel agent or call 1-855-372-1100. TTY – Dial "711".

porterescapes.com

* Book by 11:59 pm Eastern Time April 11, 2013. Travel by September 3, 2013. Up to 14-day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Discount applies only to the base airfare and does not apply to fees, taxes or surcharges. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines from Billy Bishop Toronto City Airport. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca
Travel Industry Council of Ontario

Four women in their 30s

Cops offer info on suspects in assault of 19-year-old man

Toronto police have released updated descriptions of four women sought in a sexual assault on a 19-year-old man last month.

The suspects are all described as white, approximately five-foot-four, and between 190 and 200 pounds.

They are believed to be between 30 and 36.

One of the women is described as having short blond hair and a tattoo of wings on the back of her neck. She has an accent, which could be British, and was driving the SUV in which the teen says he was attacked.

The man told police he met the women at a nightclub in the Entertainment District. TORSTAR NEWS SERVICE

Motorcyclist

SIU investigating fatal collision

One man is dead after a collision in Markham on Monday afternoon. When York Region Police officers attempted to stop the driver, the motorcycle collided with another civilian vehicle — a grey Hyundai hatchback — at McCowan Road. TORSTAR NEWS SERVICE

Big Pete's

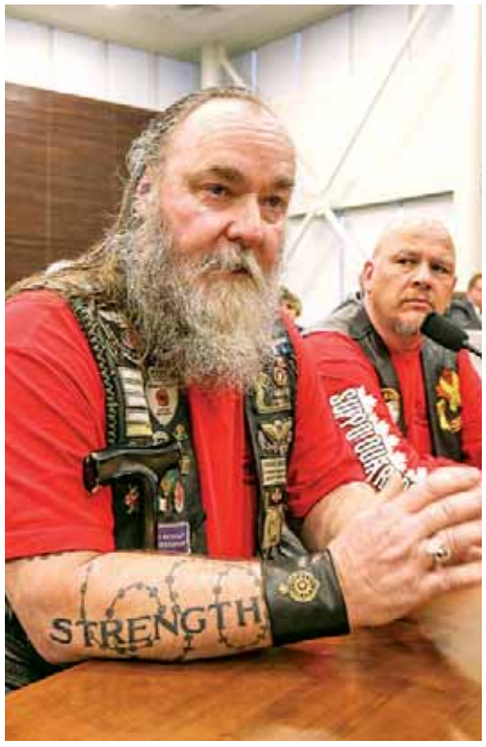
Swimming school owner charged in sexual assault

The owner of a popular Toronto swimming school has been arrested and charged with sexual assault.

Police say between July 2010 and July 2011, Peter Thimio, owner of Big Pete's Swimming School, allegedly

Peter Thimio TORSTAR NEWS SERVICE

sexually assaulted a 15-year-old female employee of the school. TORSTAR NEWS SERVICE



Riders await decision

Oshawa city council is reconsidering the decision to sue the Highway of Heroes tribute organizer over unpaid event fines. P.M. "Trapper" Cane, left, and Lou DeVuono made a deputation to council asking them to reconsider. The council had not made a decision by press time. TORSTAR NEWS SERVICE

New casino report demands half of gaming revenues

Beating the house.
Hotly anticipated recommendations set stiff standards for approval of project, including a hosting fee of up to $148M

With no provincial commitment on hosting fees and the premier casting doubt on figures in a new city report, Mayor Rob Ford faces trouble next week convincing his own executive to fully back a downtown casino.

"There's many members of executive committee, like myself, that aren't sold on this yet without having some proof" that hosting fees will top $100 million a year, one Ford ally, Coun. Peter Milczyn, said Monday.

"Without a formula, without money, what's the deal here? It's a pig in a poke, potentially."

Ford called a special executive meeting for next Monday and Tuesday, with public deputations, to consider city manager Joe Pennachetti's report.

With results of the city's extensive public consultations suggesting most Torontonians oppose the casino push, Pennachetti decided not to recommend that council vote for or against the "divisive" proposal.

But, should council vote as early as May to open the door to a massive casino resort at Exhibition Place or the downtown core, he recommended making the offer to host conditional on 43 requirements.

Chief among them is that the city get 50 per cent of the casino's gaming revenues —$111 million to $148 million per year, he estimates — compared with the five per cent currently received by Ontario casinos.

Alternative

The report states that a top-rate convention centre is potentially a bigger tourism draw than a casino, attracting "over 130,000 additional visitors" and generating "an additional $392 million of direct spending."

"City staff strongly advise that the revised municipal hosting fee formula must reflect the unique opportunity of a potential Toronto C1 (downtown) casino" that would cost a private consortium $2 billion to $3 billion to build and generate $1 billion or more in annual total revenues, the report states.

Pennachetti argued that's no special deal, because any other community that could attract the same investment and revenues could get the same cut.

TORSTAR NEWS SERVICE

Get a Fresh Financial Start
Get Out of Debt - Without Bankruptcy - Without Loans
CALL THE Licensed Debt Professionals™ FREE CONSULTATION 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar
C.A., CIRP, Trustee

Maria Carreiro, right, with her daughter Manuela at a press conference on Monday. Carreiro won the $40 million LOTTO MAX jackpot on the Friday, April 5 draw. She says she hasn't slept since she got the news.
CARLOS OSORIO/TORSTAR NEWS SERVICE

Hawaii — and the Mandarin — here we come!

$40M lottery. Winner plans on using new wealth to take care of her family and do a lot of travelling

Maria Carreiro has spent much of her 51 years struggling.

Her husband, Mario, works two jobs in the winter to make ends meet and Maria rarely sees him. But Monday was his last day working at a construction site. On Friday, they won the Lotto Max $40 million jackpot. And Maria is pretty excited about it.

"I'm going to Hawaaaaaaiiii!" she said on Monday while dancing and waving her arms around in the air.

Why she plays

"I'm doing this for my babies, for my granddaughters and grandson and my daughters. And for (my husband) especially ... so he can quit."
Maria Carreiro, lottery winner

Three days after winning, the idea of wealth still hasn't sunk in for the family. Maria hasn't slept since she got the news, and her daughter, Manuela, has been fielding congratulatory calls. What will the family do with it? Lots of travelling.

"We're going all over the place," Maria said. "First, it's Hawaii. Then I'm going to take the family to ... what is it called?"

Her daughter whispered it to her.

"Disneyland!" she said.

Maria and Mario were born in Portugal, but their children have never been. They'll go there, too.

Then, Maria plans to rent out her west-end home and buy a bigger place for her three children and five grandchildren.

Before making any big purchases, Maria planned to celebrate by taking her entire family out to dinner. With enough money to eat anywhere she wants, she planned to take them all to the Mandarin.

"All you can eat!"

TORSTAR NEWS SERVICE

Topless pic of cancer survivor goes viral

Kelly Davidson doesn't have breasts, but she is alive.

That's what the three-time cancer survivor remembers every time she stands naked in front of a mirror. Where her breasts used to be, there is now an elaborate tattoo of a fairy, forest and butterflies.

"It reminds me every day of the battles that I've overcome," she says. "I've won this war and hopefully I've beat it completely."

But when Davidson, a 34-year-old Ottawa medical assistant, posted a topless photo of herself to Facebook, she didn't expect it to attract over half a million "likes" and be shared by more than 90,000 people.

The photo went viral after she posted it on Why We Ink, a Facebook page for people with tattoos that mark their own battles with cancer or honour loved ones who have died from the disease.

Davidson first grappled with cancer at age 11 when she was diagnosed with Hodgkin's lymphoma. At 28, she learned she had breast cancer, prompting two mastectomies.

But rather than get reconstructive surgery, Davidson opted for a tattoo. She had already been inked a few times and chose a fantasy scene with butterflies to symbolize the cancer leaving her body.

Why We Ink

Jules Fitzsimmons, a Toronto casting director, started Why We Ink last year after noticing how common cancer-inspired tattoos were.

- She has a dove tattooed on her right shoulder to remember her brother, Owen, who died in 2010.

"I decided to turn this negative thing into a positive, and put a beautiful piece of artwork in place of something that to a lot of people is really devastating," she says.

TORSTAR NEWS SERVICE

Kelly Davidson CONTRIBUTED

Provincial riding

Doug Ford could win seat: Poll

TORSTAR NEWS SERVICE

Coun. Doug Ford would win Etobicoke North in a provincial election, giving the Progressive Conservatives their first Toronto seat in years, a new poll suggests.

The Forum Research survey found Ford — older brother of Toronto Mayor Rob Ford — had 46 per cent of support in the riding.

TORSTAR NEWS SERVICE

Wynne seeks transit support from businesses

Public transit. Premier touts benefits during board of trade speech

Premier Kathleen Wynne is urging the business community to help unite Ontario residents behind a multibillion-dollar plan to fund public transit in the Greater Toronto and Hamilton area.

Speaking to the Toronto Region Board of Trade on Monday, Wynne said public transit will benefit everyone in Ontario by spurring economic growth and tourism, and reducing the effects of congestion on the environment.

The board of trade and Metrolinx, the provincial transit authority, have suggested several ways to raise $2 billion a year to fund public transit projects.

They include highway tolls, a hike in the sales tax and a half-cent-a-litre tax on gasoline.

Wynne acknowledged that those new levies are politically unpopular, but said it's not "a dark tale of taxes and tolls," but about laying the groundwork for the province's success for generations to come.

She also took a veiled shot at Toronto Mayor Rob Ford, who pretended to vomit last week when asked about using tolls and taxes to fund public transit.

"Contrary to what some people will have you believe, there is no war on cars, or cyclists or transit," Wynne said. "We're fighting for a better way forward."

Any new "tool" can't disproportionally impact one type of commute, but recognize the strains across the system, she added.

The premier said she doesn't want anyone to think that transit or the Greater Toronto and Hamilton area is getting unfair attention or more investment. THE CANADIAN PRESS

Quoted

"Contrary to what some people will have you believe, there is no war on cars, or cyclists or transit. We're fighting for a better way forward."

Premier Kathleen Wynne

Premier Kathleen Wynne speaks at the Toronto Region Board of Trade on Monday, where she took a veiled shot at Mayor Rob Ford, who pretended to vomit last week when asked about using tolls and taxes to fund public transit.
FRANK GUNN/THE CANADIAN PRESS

Shrink your mortgage.

Act now!

Join thousands of Canadians who are saving thousands on their mortgages.

The 5-year fixed low-rate mortgage, only from BMO®.
With an amortization of 25 years or less, you'll pay off your mortgage sooner.

Get our best rate today. Visit a branch, or have one of our mobile Mortgage Specialists come to you.

bmo.com/lowratemortgage

Our best rate available now.

/BMOcommunity @BMO

BMO Bank of Montreal
Making money make sense®

Applications are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. ®Registered trade-marks of Bank of Montreal.

Hello, teen art world

A painting entitled Hello World by Danielle Miller, a Grade 12 student at Lakeshore CI, is shown at the Smart Start Student Art Show at Sherway Gardens. More than 100 GTA high school students participate in the show. The non-juried public exhibition runs at Sherway until April 13.
SUBMITTED

GO launches free Wi-Fi at a few stations before big roll-out

GO Transit has begun launching the service its electronics-toting commuters have been demanding: Wi-Fi on the transit system.

A pilot that allows riders to use a wireless Internet connection at the Clarkson and Pickering stations kicked off Friday. Oakville comes online in a couple of weeks.

The six-month pilot will include up to eight more stations and three bus terminals and, within a year, all 65 GO stations are expected to provide the service.

So far the Internet access does not extend to GO trains or buses, but the search is still on to find a provider who can offer it free to commuters on the move.

"Initially we looked for a Wi-Fi solution that would cover trains, buses and stations. We wanted a solution that covered all three. We wanted it to be free to GO and therefore free to our passengers," said Mary Proc, GO's vice-president of customer service.

But finding a reliable, free service for buses and trains is proving more challenging.

"We're still looking for a solution to cover trains and buses but nothing's going to stop us from covering stations," she said.
TORSTAR NEWS SERVICE

IMA WiFi at GO

Customers wanting to access the new service can select "IMA WiFi at GO" on the network listings that pop up on their tablets and other devices.

Canada remembers Iron Lady

Dead at 87. Political patrons and opponents reflect on Britain's polarizing PM Margaret Thatcher

A giant, an inspiration and an Iron Lady who rejuvenated conservative politics: that's how Margaret Thatcher was remembered Monday by Canadian politicians as they weighed in on the death of an influential British leader.

"I think if you look at the sweep of her life, what she did — not just in Britain, but what she did on the world stage — really laid the groundwork for the freedom and the prosperity and opportunity that so many people around the world enjoy today," Prime Minister Stephen Harper told a news conference.

In an earlier written statement, Harper described Thatcher, who died Monday of a stroke at age 87, as having had "that rarest of abilities to herself personify and define the age in which she served."

Liberal Bob Rae, while disowning Thatcher's politics, echoed that sentiment.

"Mrs. Thatcher served as British prime minister for more than a decade and in many ways defined conservative politics of her time," Rae said.

While the Conservative leader was the odd woman out on the right in the international scene when she came to power in 1979, she was soon joined by ideological cousins, including Ronald Reagan in Washington and Brian Mulroney in Ottawa.

"Like every great leader, with strong convictions and a bold vision, she made enemies. ... But in a series of visits to Canada she won many friends here," said Mulroney.

THE CANADIAN PRESS

Reaction

"As a politician I respected her. She was fighter. I respect that a lot."

Former prime minister Jean Chrétien

Margaret Thatcher and Pierre Trudeau are shown in Australia in this Oct. 4, 1981, photo. The first female British prime minister, who suffered from dementia in her final years, died of a stroke on Monday. THE CANADIAN PRESS FILE

Twitter

That-cher hashtag stirs singer's fans

Cher

A confusing hashtag sent some Cher fans into a twitter tizzy, thinking the iconic pop star had died.

In fact, #nowthatchersdead refers to the death of the U.K.'s first and only female prime minister, who died Monday at the age of 87. Thatcher, who served as prime minister from 1979 to 1990, died after a lengthy illness.

But social media users clearly read the hashtag the wrong way, thinking it meant "now that Cher's dead."

TORSTAR NEWS SERVICE

5 THINGS TO KNOW ABOUT MAGGIE

TEXT: METRO WORLD NEWS IN LONDON
PHOTOS: THE ASSOCIATED PRESS/GETTY IMAGES

Maggie clad in iron

She wasn't called The Iron Lady for nothing. Shaped by a hard-line political and economic stance, Thatcher shut down national coal mines, slashed social spending, refused to recognize Northern Irish political prisoners and introduced a "poll tax."

Britain's first and only female PM

Thatcher, when elected in 1979, became Britain's first and so far only female prime minister, and the West's first female head of government. Her political dominance and leadership helped her in three consecutive terms, and inspired women worldwide to break the glass ceiling of male-dominated politics. She is also credited with contributing to the demise of the Communist bloc.

Queen of the '80s

With her fondness for the private sector, deregulation and big missiles, Maggie embodied the zeitgeist of the 1980s and she was loved for it. The 1982 Falklands War boosted her popularity, while she and Ronald Reagan formed a formidable power couple.

No sleep, no problem for one of the 'Sleepless Elite'

The tireless Thatcher famously said while in power she could get by on just four hours a night. She joins the genetically blessed "Sleepless Elite," a band of top historical figures and leaders (including Napoleon, Da Vinci, Churchill and Florence Nightingale) who needed five hours or less of shut-eye.

'Power dressing' personified

Her sense of style was as powerful as her politics. Sporting a helmet of deep strawberry hair, broad Royal blue skirt suits, and the famous handbag, Thatcher pioneered the "I'm shoulder to shoulder with men" look.

North Korea. Pyongyang suspends operations at North-South factory

North Korea said Monday it will suspend operations at a factory complex it has jointly run with South Korea, pulling out more than 53,000 North Korean workers and moving closer to severing its last economic link with its rival as tensions escalate.

The Kaesong industrial complex just north of the Demilitarized Zone is the biggest employer in North Korea's third-largest city. Shutting it would show the country is willing to hurt its own economy.

Pyongyang's move follows weeks of threatening rhetoric aimed at Seoul and its U.S. ally following UN sanctions punishing the North for its third nuclear test, on Feb. 12. In recent days there have also been worries in Seoul of an even larger provocation from Pyongyang, including another possible nuclear test or rocket launch.

THE ASSOCIATED PRESS

Poland. Thousands of Jewish youths march to honour Holocaust victims

Thousands of young people from Israel and other countries marched in silence Monday at Auschwitz-Birkenau, the former Nazi death camp in Poland, to pay homage to six million Jews killed during the Holocaust.

Frank Lowy of Australia, a Holocaust survivor whose father died in the camp, joined the youths as they walked between the two main sections of the complex, Auschwitz and Birkenau.

Youths march to honour the dead.
ALIK KEPLICZ/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Ireland. Inquest opens into death of Indian woman denied abortion

The widower of an Indian woman who died in an Irish hospital after being denied an abortion has told a coroner's inquest that a doctor denied her a termination on the grounds that "Ireland is a Catholic country."

Praveen Halappanavar made a lengthy statement Monday at the start of an investigation into why his 31-year-old wife, Savita, died at University Galway Hospital last October.

The hospital has already apologized. The inquest seeks to determine whether Halappanavar died because her miscarrying fetus was not aborted despite severe pain.

She died from blood poisoning and organ failure four days after the fetus' heartbeat stopped and its remains were removed.

Abortion remains outlawed in Ireland except in life-threatening cases. THE ASSOCIATED PRESS

Instead of a greeting card, we thought **a REDcard® that gives you 5% off*** would be a nicer way to say hello.

Get instant savings, and instant happiness, with an extra 5% off our already low prices when you use your Target® Debit Card or Target® RBC‡ MasterCard®. Every day.

Apply online at target.ca/REDcard or in store.

TARGET

* Subject to REDcard® application approval, you will receive 5% off purchases paid for with your REDcard at Target® stores in Canada, except on prescriptions and certain other pharmacist-dispensed items, Target gift cards and Target prepaid cards. 5% discount applies to eligible purchases minus any other discounts and the value of any promotional Target gift cards received in the transaction. Other restrictions apply. See program rules at Target.ca/REDcard for details. The Target Debit Card cannot be used at some independent businesses in Target stores, such as the pharmacy.
REDcard®: Target® Debit Card (issued by Target® Canada Co.) and Target® RBC‡ MasterCard® (issued by Royal Bank of Canada).

® MasterCard is a registered trademark of MasterCard International Incorporated, used under license.
‡ Lion & Globe Design, Royal Bank and all other RBC marks are registered trademarks of Royal Bank of Canada, used under license.
©2013 Target Brands, Inc. The Bullseye Design and Target are registered trademarks of Target Brands, Inc. 810-00000

Girls plead not guilty to pimping other girls

Trial begins. Teens accused of running child prostitution ring with threats, violence

JESSICA SMITH
Metro in Ottawa

The youngest victim of a prostitution trafficking ring, then 13, believed she was heading to a sleepover with girls, not much older than herself, who she'd met online — but instead she was drugged, stripped, photographed and pimped out, the Crown alleges.

Crown lawyers began arguing their case Monday against three teenage girls, two aged 15 and one 16 when they allegedly ran a prostitution ring in Ottawa last year.

All three pleaded not guilty to 36 charges, including human trafficking, forcible confinement, assault, robbery and uttering threats.

They are the first minors in Canada to be charged with human trafficking.

Two of the defendants are facing more charges, including three counts of making child pornography for allegedly taking photos of the victims and sending them to johns, as well as kidnapping, invitation to sexual touching and sexual assault.

The Youth Criminal Justice Act prevents the identification of the accused and their alleged victims.

Crown lawyers Julien Lalande and Fara Rupert said their case will be built on the testimony of victims; some of the pimps; witnesses whom the girls talked to; as well as Facebook conversations, tweets and photos taken from the phone of one of the accused.

The Crown believes the accused befriended other girls, invited them to social events and then, through threats and violence, forced them to co-operate with their plans.

According to the Crown, four girls, three of them under the age of 18, were forced to perform sex acts, including oral and vaginal sex. Two other girls were beaten, stripped and photographed, the Crown alleges.

Into their world

The first witness, Det. Carolyn Botting, offered a glimpse into accused girls' world when she described the graffiti officers found when they searched one of their bedrooms.

- **Graffiti.** All over the walls were rap-inspired nicknames, declarations of love and scattered phrases, including "Sex is like chocolate," "We say FK the police in my house," "Money make me come" and "Jiiizzzz" — slang for ejaculate.

Magnotta hearing in final week

Daran Lin, father of victim Jun Lin, leaves the court Monday as the preliminary hearing of Luka Rocco Magnotta enters its final week in Montreal. Magnotta sat impassively as a friend of Jun Lin answered questions from Crown and defence lawyers. RYAN REMIORZ/THE CANADIAN PRESS

Alysena 28

Birth-control pills recalled for fear of extra placebos

The maker of the birth-control pill Alysena 28 has issued an urgent recall after it was discovered that one lot of the contraceptive may have been incorrectly packaged with only two weeks of drug-containing tablets instead of three.

Women taking the incorrectly packaged pill would not receive the proper amount of contraceptive, raising the possibility of an unplanned pregnancy.

In a recall notice distributed by Health Canada, Apotex Inc. said the product's 28-day blister packs should include 21 active birth-control pills plus seven placebo tablets that contain no drug.

Apotex said blister packs in the affected lot — LF01899A — may instead contain 14 placebo pills and 14 active contraceptive tablets.

THE CANADIAN PRESS

FLIGHT CENTRE® Unbeatable

Airfares

Aruba $385
Travel Apr 15 - Apr 22/wg

Orlando Travel Apr 12 - Apr 19/wg	$330
Varadero Travel Apr 15 - Apr 22/wg	$355
Bahamas Travel Jun 30 - Jul 4/wg	$445
Las Vegas Travel Apr 9 - Apr 16/dl	$539
Rome Travel Apr 19 - Apr 26/ts	$775
Amsterdam Travel Jun 12 - Jun 18/ts	$777
London Travel Jun 4 - Jun 14/ts	$817
Paris Travel Jun 10 - Jun 19/ts	$820

Europe

Barcelona Air + 7 Nights $1259
Catalonia Park Putxet
INCLUDES 4-star accom near near Park Güell. Departs May 6/swg/ba/aa.

London Air + 7 Nights $1270
Royal National
INCLUDES central accom near Russell Square. Departs May 21/vth/ts. ADD Red Rover Thames hop-on hop-off tour for $15.

Istanbul Air + 7 Nights $1379
Grant Ant
INCLUDES central accom near the Grand Bazaar. Departs May 19/swg/ts.

Paris and Amsterdam Air + 8 Nights $1689
Campanile Paris Est Pantin, Artemis Amsterdam
INCLUDES all airfare, 4 nights central Paris accom and 4 nights central Amsterdam accom. Departs May 16/swg/ts/sk.

All-inclusive Vacations

Panama 7 Nights 4-Star $837
Royal Decameron
Departs Apr 15/nol/c6.

Varadero 7 Nights 4-Star $615
Playa de Oro
Departs Apr 14/sig/wg.

Samana 7 Nights 4-Star $735
Grand Paradise Samana
Departs Apr 14/swg/wg.

Cayo Santa Maria 7 Nights 4.5-Star $785
Husa Cayo Santa Maria
Departs Apr 13/swg/wg.

Cozumel 7 Nights 4-Star $856
Fiesta Americana
Departs Apr 12/nol/ts.

Mazatlan 7 Nights 5-Star $872
Riu Emerald Bay
Departs May 14/sig/wg.

USA

Orlando Family Special Air + 7 Nights $444◊
Orlando Continental Plaza
INCLUDES accom near major attractions. Price per person based on family of 4. Departs Apr 11/vth/ts. UPGRADE to 4-star Caribe Royale for $12 per night. ADD *Walt Disney World* Resort 4-Day *Magic Your Way* Base Ticket from $285/adult, $266/child (ages 3-9).

New York Air + 3 Nights 4-Star $512
Sheraton Tribeca
INCLUDES Manhattan accom. Departs Jan 2/wsv/ws.

Las Vegas Air + 3 Nights $507
Circus Circus
INCLUDES accom on the Strip and roundtrip airport transfers. Departs May 27/wsv/ws. UPGRADE to 4-star Luxor for $7 per night.

flightcentre.ca
More great deals online!

Visit us in store.
170 stores across Canada.

TEXT Join our Insider Club for hot deals. Text YYZ to 131 600

24/7 1 866 485 7092
850 Travel Experts across Canada.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

All advertised prices include taxes & fees.

Conditions apply. Ex: Toronto. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). sig=signature vacations, sk=scandanavian airlines, aa=american airlines, ba=british airways. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

ROGERS™
authorized dealer

AJAX
Baywood Centre
15 Westney Rd. N
AURORA
15483 Yonge St., Unit 2B
14785 Yonge St.
14879 Yonge St.
91 First Commerce Dr., Unit 5
BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
30 Victoria Cres.
4520 Ebenezer Rd., Unit 6
253 Queen St. E, Unit 3
105 Kennedy Rd. S
499 Raylawson Blvd.
14 Lisa St., Unit C1
499 Main St. S., Unit 58
1088 McLaughlin Rd.
9980 Airport Rd., Unit 11
25 Peel Centre Dr., Unit 505A
25 Peel Centre Dr., Unit 742K
10025 Hurontario St., Unit 118
BROOKLIN
5969 Baldwin St. S, Unit 7
COBOURG
975 Elgin St. W, Unit 8
ETOBICOKE
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
25 The West Mall, Unit 1963
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall, Kiosk #316
500 Rexdale Blvd., Unit H3B
1530 Albion Rd.
GEORGETOWN
Georgetown Market Place
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
3636 Steeles Ave. E, Unit 101
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
7780 Woodbine Ave., Unit 3
4300 Steeles Ave. E, Unit E32
4300 Steeles Ave. E, Unit E67
8901 Woodbine Ave., Suite 218
3255 Hwy. 7 E, Unit E98
9275 Hwy. 48, Unit 11
5000 Hwy. 7 E, Unit 412
7690 Markham Rd., Unit 1C
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
16715 Yonge St.
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 178
Leslie Center
OAKVILLE
1027 Speers Rd., Unit 22
478 Dundas St. W, Unit 7
1500 Upper Middle Rd., Unit 2
240 Leighland Ave.
OSHAWA
Taunton Marketplace Plaza
1053 Simcoe St. N, Unit 4B
285 Taunton Rd., Unit 20
419 King St. W, Unit 2272
PICKERING
Pickering Power Centre
Pickering Town Centre
611 Kingston Rd.
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E
10 West Pearce St., Bldg. B
Hillcrest Mall
9350 Yonge St.
10720 Yonge St.
Times Square Mall
1070 Major Mackenzie Rd. E
SCARBOROUGH
Woodside Square
1571 Sandhurst Circle, Unit 502K
5095 Sheppard Ave. E
1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
2490 Gerrard St. E
38 Ellesmere Rd.
300 Borough Dr., Unit 49
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
6236 Yonge St.
9200 Bathurst St., Unit 26
TORONTO
421 Dundas St. W, Unit G8
282 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit 2010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
UXBRIDGE
11 Brock St. W
WHITBY
25 Thickson Rd. N
5969 Baldwin St. S
1549 Dundas St. E
3490 North Brock St.
WOODBRIDGE
200 Whitmore Rd.

SWITCH TODAY! OFFER ENDS APRIL 30TH

Once upon a time (a very limited time), people discovered they'd get a **Free Kindle e-Reader** just for getting a new phone. Everyone read happily ever after. The end.

$199 MSRP VALUE

FOR A LIMITED TIME ACTIVATE A NEW SMARTPHONE ON SELECT 3-YR. PLANS
AND GET A **FREE KINDLE PAPERWHITE E-READER***

ALREADY A ROGERS CUSTOMER? FIND OUT HOW THIS OFFER WORKS FOR YOU.

CALL 1 866 502-6982 | CLICK ROGERS.COM/KINDLEOFFER | VISIT YOUR LOCAL ROGERS RETAIL STORE

SMARTPHONE FREEDOM ADVANTAGE

PLAN FLEXIBILITY | UPGRADE ANYTIME
ROGERS TECHXPERT™ **| DEVICE PROTECTION**

ROGERS™

*Offer only available from participating Rogers locations until the end of April 30, 2013 or while quantities last to new and existing customers who purchase a new smartphone and activate a new line on an eligible 3-yr. talk, text and internet plan (single line with min. $55 monthly service fee or add a line to any family plan with min. $110 monthly service fee for first two lines). Customers must also complete online submission form at rogerspromotions.com/kindle by May 30, 2013. Allow 4-6 weeks from online submission for delivery. Device Savings Recovery Fee, Service Deactivation Fee and/or Early Cancellation Fees (as applicable) will apply. Customers who cancel eligible line(s) within 15 days of activation in accordance with terms of Rogers Wireless Service Agreement rendering such customer no longer eligible will not be shipped the Kindle. Offer subject to change without notice, not redeemable for cash and may not be combined with any other offer or discount. Limit one Kindle per new line. See rogerspromotions.com/kindle for full terms and conditions. Visit rogers.com/freedomadvantage for full terms and conditions on Rogers Smartphone Freedom Advantage program. Kindle is a trademark of Amazon.com, Inc. or its affiliates. Kindle devices are given away on behalf of Rogers Communications. Amazon is not a sponsor of this promotion. ©2013 Rogers Communications.

Gun-control advocates show love for guns

The message. Need to reassure Americans that nobody is going to take away the guns they bought legally

Lobbying for gun control in the United States often means proving how much you like firearms.

New York Gov. Andrew Cuomo, whose state recently passed some of the strictest gun-control measures in the country, often reminds people he is a hunter. Former Rep. Gabrielle Giffords, who founded a gun-control advocacy group after surviving a gunshot wound to the head, says she and her husband keep two guns in a safe at home. Vice-President Joe Biden boasts that he owns two shotguns.

The message is obvious: They, too, are a part of America's gun culture. In a country where at least a third of households have firearms, it's hard to impose stricter arms rules without support from gun owners.

Gun-rights groups scoffed at what they called clumsy and obvious attempts to ingratiate themselves with firearm owners even while trying to limit their rights.

But gun-control proponents have pressed on with such efforts ahead of a crucial Senate vote on legislation backed by the Obama administration in response to the Dec. 14 shooting of 20 children and six educators at a Connecticut school.

THE ASSOCIATED PRESS

The White House released this photo of U.S. President Barack Obama shooting clay targets at Camp David, Md., last August to silence skeptics of his claim that he has actually shot a gun. THE WHITE HOUSE/THE ASSOCIATED PRESS FILE

Easier banking. Lower fees.

That's the genius of the CIBC Everyday® Banking Bundle

Chequing, savings, overdraft protection and your choice of credit card: all the everyday banking you need, all in one place. Bundling your accounts together just makes sense. It makes banking easier. And it saves you money on fees.

Find out which banking bundle is right for you.
At the branch
cibc.com/geniusbundles
1 877 434-1909

CIBC FOR WHAT MATTERS.

®Reg. TM of CIBC. "CIBC For what matters." is a TM of CIBC.

Brazil

Officers on trial for 1992 prison-riot massacre

Trial began on Monday for 26 Brazilian military police officers, some of them still on active duty, who are facing murder charges in the deaths of inmates in the infamous 1992 massacre at Sao Paulo's Carandiru prison, which left 111 inmates dead.

In total, 79 officers are to be tried in connection with the massacre following hours of rioting at the overcrowded facility.

Many critics see the "Carandiru massacre" as a symbol of police brutality and impunity. Many of the officers involved in the killings were promoted, and more than two decades on, only a single officer had been tried.

THE ASSOCIATED PRESS

Drug smuggling

British woman facing death sentence in Bali

An Indonesian court upheld a death sentence for a British woman convicted of smuggling $2.5 million US worth of cocaine onto the resort island of Bali, a court official said Monday.

The Bali High Court rejected an appeal from Lindsay June Sandiford, 56, who was convicted in January by a district court and sentenced to face a firing squad.

Sandiford said she was forced to carry the drugs by a gang that threatened to hurt her children. Prosecutors had sought 15 years in prison for Sandiford, but the court surprised many by issuing a death sentence.

THE ASSOCIATED PRESS

Daring rescue

A trailer truck driver is rescued from the cab of her truck as it dangles from the Monitor-Merrimac Bridge Tunnel by firefighter Scott Dye, Monday in Newport News, Va. Virginia State Police said the tractor-trailer went out of control on Interstate 664 and struck the bridge wall. The truck caught fire and the cab was hanging over the bridge that connects Suffolk and Newport News. State police say the driver suffered minor injuries. VIRGINIA STATE POLICE/THE ASSOCIATED PRESS

WWF
THANKS TO YOU,
there are 5 billion
fewer plastic bags
in landfills
And more than a million Canadians
are taking action for the planet.
WWF wants to say thanks to Loblaw for providing
partial proceeds from the plastic bag charge to
support WWF's public engagement initiatives,
like *National Sweater Day*, the *Great Canadian
Shoreline Cleanup*, and *Green CommUnity Grants*.
Loblaw†
COMPANIES LIMITED

© 1986 Panda symbol WWF-World Wide Fund
For Nature (also known as World Wildlife Fund).
® "WWF" is a WWF Registered Trademark.
†Reg'd Trademarks of Loblaws Inc. Lic'd Use

Science. Penis size really does matter, relatively

Science has spoken and, yes, gentlemen, size does matter.

A newly published study by a University of Ottawa researcher has concluded penis length exerts a measurable sway on females evaluating potential sexual partners.

"We found that flaccid penis size had a significant influence on male attractiveness," concludes the study that was published Monday in the Proceedings of the National Academy of Science.

"Males with a larger penis were rated relatively more attractive."

Biologist Brian Mautz said he came to the study through curiosity over the evolution of male genitalia.

Mautz tried to mask his study's intent by introducing three variations on male appearance: body shape, height and penis size. Overall, body shape accounted for about 80 per cent of the variation in attractiveness scores, penis size about six per cent and height about five per cent.

"The finding suggests that selection on penis size is potentially as strong as selection on stature."

A researcher measures a model of a penis. A study has found length sways preference. THE ASSOCIATED PRESS FILE

That attraction, however, wasn't a simple formula of bigger is better. "Attractiveness increases rapidly until you reach around average for each of the three traits," said Mautz. "Then, although the attractiveness continues to increase, it doesn't increase as much." THE CANADIAN PRESS

False accusation. PETA apologizes to musher

People for the Ethical Treatment of Animals has apologized to an Iditarod Trail Sled Dog Race musher whose dog died at a checkpoint.

PETA last month accused Alaskan musher Paige Drobny of leaving her dog unattended and said she should be criminally prosecuted.

Drobny dropped a dog at a checkpoint with race officials but snow from a storm covered the dog and it died of asphyxiation.

Drobny's attorney threatened to sue if PETA didn't retract its original accusation and KTUU-TV reports the organization did so Friday.

A PETA statement says Drobny couldn't have known a storm was heading to the checkpoint and that she's not culpable for the dog's death. The organization apologized for suggesting she was.

Drobny calls the apology "weak."

THE ASSOCIATED PRESS

In this March 5 photo, Paige Drobny tends to her dog team in the Athabaskan village of Nikolai, Alaska, during the Iditarod Trail Sled Dog Race. BILL ROTH/ANCHORAGE DAILY NEWS/THE ASSOCIATED PRESS

Italian highway

Bandits steal millions from trucks

Bandits armed with Kalashnikovs stole an estimated $2.6 million Monday by setting a big-rig truck on fire to block a highway in northern Italy and then blowing open an armoured truck. An Italian news agency said they escaped after strewing nails on the road to slow police. THE ASSOCIATED PRESS

Altercation with RCMP

Coroner rules death a homicide

The BC Coroners Service says the death of Polish immigrant Robert Dziekanski in an altercation with RCMP at Vancouver's airport six years ago was a homicide — a coroners' term which does not imply blame. Dziekanski, who didn't speak English, became agitated after spending more than nine hours in the arrivals area and was confronted by four Mounties who stunned him several times with a Taser. THE CANADIAN PRESS

Baby food

Calif. trial over lead warning begins

A trial began on Monday in a lawsuit filed by an environmental group against the nation's largest baby-food makers aimed at forcing the companies to alert consumers that some products contain low amounts of lead. The trial will help determine if the products must carry warning labels in California.

Gerber Products Co., Del Monte Foods, Beech-Nut Nutrition Corp., and others are selling products containing lead at levels that require warnings, the suit asserts.

THE ASSOCIATED PRESS

Sticky fingers

Thieves steal 5 tons of Nutella

Police said Monday culprits made off with 5.5 tons of Nutella from a parked trailer in Germany over the weekend. The gooey loot is worth an estimated $21,000. THE ASSOCIATED PRESS

THREE NEW LOCATIONS

NOW OPEN

MARSHALLS IS THE PLACE TO FIND UNBELIEVABLE DEALS ON BRAND NAME CLOTHING, FOOTWEAR AND ACCESSORIES FOR WOMEN, MEN AND KIDS.

DOWNTOWN TORONTO
382 YONGE STREET AT GERRARD
OUTFIT YOUR HOME IN STYLE AND SAVINGS. HOME DEPARTMENT AT THIS LOCATION.

MARKHAM
8675 McCOWAN ROAD
AT BULLOCK DRIVE

MISSISSAUGA
3126 ARGENTIA ROAD
WEST OF WINSTON CHURCHILL

Marshalls
/marshallscanada #marshallsCA | marshallscanada.ca

PICK UP A TJX CANADA STYLE+™ LOYALTY CARD IN-STORE AND REGISTER ONLINE AT TJXSTYLEPLUS.CA TO RECEIVE FULL MEMBER BENEFITS.

Ford SWAP YOUR RIDE EVENT

GETTING INTO A NEW FOCUS HAS NEVER BEEN EASIER.

ALL-NEW LOW PAYMENT

OWN FOCUS S FOR ONLY **$99**† **@** BI-WEEKLY **1.99%** APR

PURCHASE FINANCING FOR 84 MONTHS WITH $500 DOWN. OFFER EXCLUDES TAXES.

OFFER INCLUDES FREIGHT.

2013 FOCUS S

COMES STANDARD WITH:

- Air conditioning
- Active grille shutters
- 160 horsepower 2.0L I-4 engine

OR PURCHASE FOR

$17,299**

Offer excludes taxes.

5.5L/100km **51MPG** HWY^^
7.8L/100km **36MPG** CITY^^

FOCUS S MODEL SHOWN

GET EVEN MORE WITH THE 2013 FOCUS SE

FOR ONLY **$11**† MORE **BI-WEEKLY**

OR OWN FOR $19,249**

Offer includes $750 in manufacturer rebates. Offers exclude taxes.

WELL-EQUIPPED WITH ALL S FEATURES PLUS:

- 6-speaker audio system
- Cruise control
- SYNC® with MyFord® 4" screen
- 16" steel wheels with full covers
- Power front and rear windows

UPGRADE TO THE 2013 FOCUS SE WITH APPEARANCE PACKAGE

ADD **$4**† MORE **BI-WEEKLY**

OR OWN FOR $19,849**

Offer includes $750 in manufacturer rebates. Offers exclude taxes.

ALL SE FEATURES INCLUDING:

- 6-speaker audio system
- Cruise control
- SYNC® with MyFord® 4" screen
- Power front and rear windows

LOADED WITH EVEN MORE VALUE:

- Spoiler
- Fog lamps with chrome bezel
- Upgraded 16" 5-spoke alloy wheels

Our advertised prices include Freight, Air Tax, PPSA and the Ontario Environmental Charge.
Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

Fall in love with a Ford and Swap Your Ride. Only at your Toronto Area Ford Store.

Ford
Go Further
| torontoforddealers.ca |

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. **Factory order may be required.** **Purchase a new 2013 [Focus S/Focus SE/Focus SE with Appearance Package] for [$17,299/$19,249/$19,849] after Total Manufacturer Rebate of [$0/$750/$750] is deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight, air tax, PPSA and Ontario Environmental Charge but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. †Until April 30, 2013, receive [1.99%] APR purchase financing on new 2013 [Focus S/Focus SE/ Focus SE with Appearance Package] models for a maximum of 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above-mentioned models for [$17,299/$19,249/$19,849]after Total Manufacturer Rebate of [$0/$750/$750] is deducted), purchase financed at [1.99%] APR for 84 months, with [$500] down payment, monthly payment is [$21.5/$238.33/$244.83] (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of [$99/$110/$113]), interest cost of borrowing is [$1,215/$1,356/$1,399] or APR of [1.99%] and total to be repaid is [$18,518/$20,520/$21,066]. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight, air tax, PPSA and Ontario Environmental Charge but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Taxes are payable on the full amount of the purchase price. ^^Estimated fuel consumption ratings for the 2013 [Focus 2.0L-I-4 5 Speed Manual]. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Federal policy enabled RBC outsourcing mess, says immigration expert

Foreign workers. Firms are responding to incentives Ottawa created, lawyer notes

Contractor investigated

- The federal government is investigating iGate, the contractor being used by RBC to outsource dozens of Toronto jobs.
- A spokeswoman for Human Resources Minister Diane Finley says the investigation is based on discrepancies between public statements by RBC and information previously provided to the government by iGate.
- To obtain permits for temporary foreign workers, companies need to show a Canadian cannot be found to do the work.

Observers say the controversy over the Royal Bank of Canada's decision to outsource dozens of Toronto jobs is part of an alarming trend bolstered by government policy.

Immigration law expert Audrey Macklin says the government encourages companies to employ temporary foreign workers either directly or indirectly by processing their immigration documents faster and by allowing companies to pay those workers up to 15 per cent less than Canadians.

She says a company like RBC is simply responding to incentives the government has created.

Human Resources minister Diane Finley has said the Temporary Foreign Worker Program is only to fill "acute labour needs" when Canadians aren't available for the work required.

But NDP Leader Tom Mulcair says the Conservative government has done nothing to stop a situation like RBC's, which he says is depriving Canadians of their livelihoods.

RBC has repeatedly said it did not hire foreign workers to take over the job functions of current employees, but said it used the services of outside companies to improve "operational effectiveness."

Many Canadians have expressed outrage and even threatened to close their accounts upon learning that Canada's largest bank had outsourced the jobs of 45 Toronto employees to an external supplier.

THE CANADIAN PRESS

Putin just loves those topless trade missions

A topless demonstrator with messages written on her back walks toward Russian President Vladimir Putin, left, as he toured a trade fair in Hannover, Germany, with German Chancellor Angela Merkel on Monday. The trip underlines Russia's interest in developing foreign trade, including further business ties with Germany. JOCHEN LUBKE/DPA/THE ASSOCIATED PRESS

One-day event

McDonald's to stage hiring blitz

McDonald's will hire more than 6,000 people on Thursday. Job seekers are being invited to apply in person at their local McDonald's. Those unable to apply in person can go to worksforme.ca to submit applications.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR
98.30¢
(-0.09¢)

TSX 12,344.56 (+12.71)

OIL $93.36 US (+66¢)

GOLD $1,572.50 US (-$3.40)

Natural gas: $4.09 US (-3¢)
Dow Jones: 14,613.48 (+48.23)

Turn your everyday purchases‡ into cash back.

Get up to 4% cash back[1].

- 4% cash back at gas stations and grocery stores
- 2% cash back at drug stores and on recurring bill payments
- 1% cash back on everything else

Get up to $300 cash back[2] every year.

- 1% cash back on debit purchases
- Unlimited self-service transactions

scotiabank.com/cashback

You're richer than you think®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia. ™Trademark of The Bank of Nova Scotia. †Trademark of Interac Inc. used under license. *VISA Int/Lic. user The Bank of Nova Scotia. Bank note images used and altered with permission of the ©Bank of Canada. ‡Purchase returns, payments/deposits, cash advances/withdrawals, *Scotia*® Credit Card Cheques/account cheques, credit vouchers, card/account fees, interest charges or service/transaction charges do not qualify for *Scotia Momentum* cash back or *MoneyBack*; pre-authorized debits that are set-up on your *Scotia Moneyback* account do not qualify for cash back. [1] You will earn 4% cash back on the first $25,000 you spend annually at VISA merchants classified in the VISA network as Grocery Stores & Supermarkets, Service Stations (with or without ancillary services) and Automated Fuel Dispensers (Merchant Codes: 5411, 5541, & 5542). You will earn 2% cash back on the first $25,000 you spend annually at VISA merchants classified as Drug Stores & Pharmacies (Merchant Code: 5912) and Recurring Payments. These added benefits will not apply to merchants located on the premises of these merchants but who are classified by VISA in another manner. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Not all merchants offer recurring payments. You will earn 1% cash back on purchases made after you have reached the 4% $25,000 annual spend maximum and/or the 2% $25,000 annual spend maximum and on all other purchases made with the card. [2] Receive 1% cash back on the first $30,000 spent annually on qualified purchases using the ScotiaCard banking card. Conditions apply. Visit scotiabank.com/moneyback or a Scotiabank branch for full details.

Read the book.
Watch the movie.

The tablet designed for Readers who want more.

Kobo Arc's 7" HD screen displays 16 million colours, making every word and image vivid and clear. And with 3 million books in the Kobo eBook store and thousands of movies and TV shows at your fingertips*, you'll be able to watch almost anything and read the book it was based on.

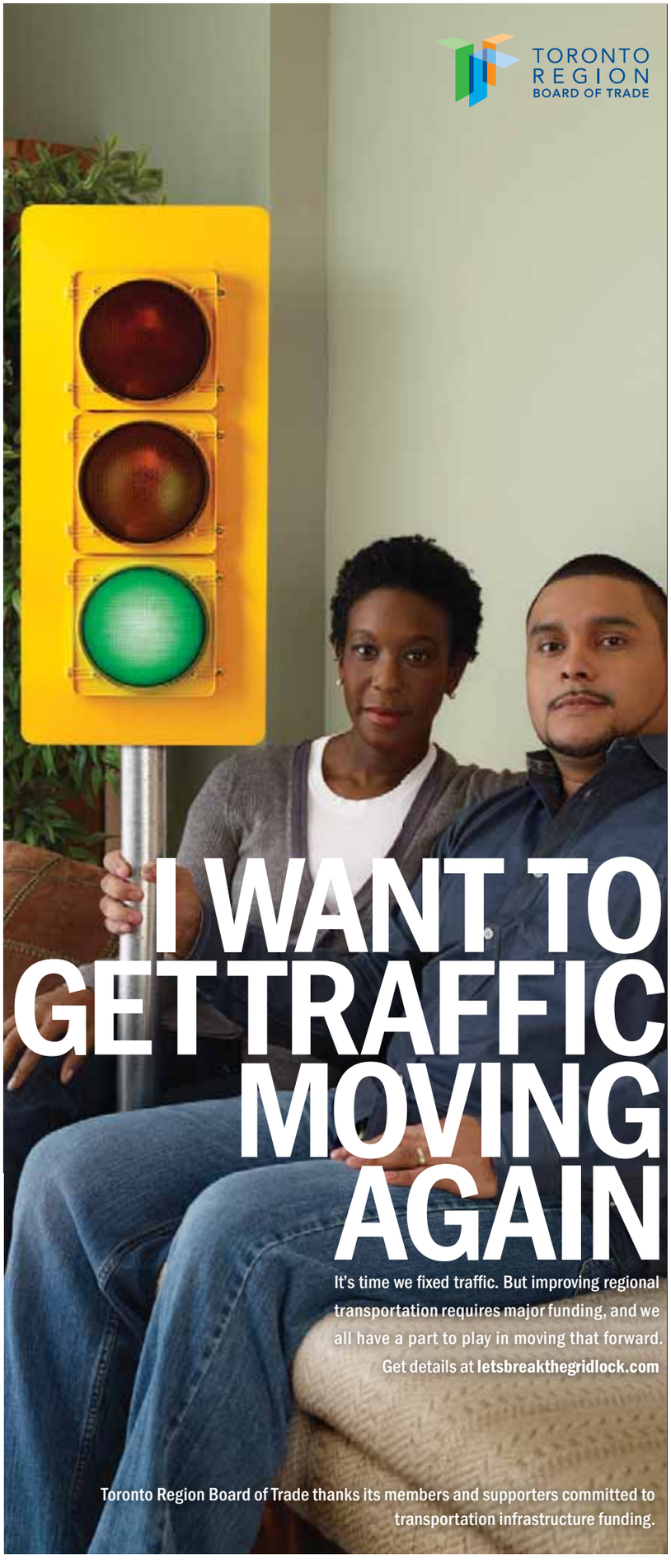
SAVE $25 OFF KOBO ARC
BETWEEN APRIL 4TH & APRIL 20TH

koboarc
kobo.com/koboarc

Available at

Indigo | Chapters | Coles | indigo.ca | BEST BUY | FUTURE SHOP | STAPLES that was easy.™

*2012 Twentieth Century Fox Film Corporation. All Rights reserved. Life of Pi is available on CinemaNow.


TORONTO REGION BOARD OF TRADE
I WANT TO GET TRAFFIC MOVING AGAIN
It's time we fixed traffic. But improving regional transportation requires major funding, and we all have a part to play in moving that forward.
Get details at letsbreakthegridlock.com
Toronto Region Board of Trade thanks its members and supporters committed to transportation infrastructure funding.

An artist's rendering of Nordstrom's planned Yorkdale store. TORSTAR NEWS SERVICE

Nordstrom plans to add Yorkdale location

2016 opening. Retailer had already announced Sherway Gardens store

U.S. retailer Nordstrom announced plans Monday to add a second Toronto location to its expansion in Canada, a three-level store at Yorkdale Shopping Centre, scheduled to open in the fall of 2016.

The 188,000-square-foot Nordstrom will be part of a new, $331-million dollar, 298,000-square-foot expansion at Yorkdale, twice as large as the expansion unveiled in November. Work is set to begin in January 2014. "We think it's important to start off with some scale initially," said Nordstrom spokesman Colin Johnson.

"We knew Toronto is such an important market and we needed to have a strong store presence. Yorkdale seemed like such a terrific fit for us. We think we could do a lot of business and we're going to work hard to make the most of it."

TORSTAR NEWS SERVICE

In 1 year become a
classes starting soon!
✔ Graphic Designer
✔ Web Designer
Get ADOBE Certified!
Why Choose Herzing College?
Educating students in Toronto since 1968
Internship with every diploma program
Excellent full-time Career Development Department
Instructors with industry experience
Presentation Centre for students and Guest Speakers
Resource Library
Conveniently located in the Toronto Eaton Centre
Student Loans & Grants available if you qualify
No classes on Fridays!
Join us on facebook.com/herzingtoronto
Contact Herzing College today!
HERZING COLLEGE
1-888-NEW CAREER (1-888-639-2273)
Herzing.ca/Toronto | infotoronto@herzing.edu

Shoe fetish?

Canuck men going beyond black brogues

Now that they've nailed the skinny suit, Canadian men have started buying up fashionable shoes to match. Sales of men's footwear increased by 13 per cent in Canada in 2012, according to research from The NPD Group.

While women's shoes sales grew by three per cent in 2012, sales of footwear for men pulled overall growth in the industry up by six per cent, to a total of $5.1 billion in sales.

"We're always quick to assume that women impel the success of the footwear market, but what we're experiencing instead in Canada is a complete takeover of the shoe closet by men's footwear," said Tracey Jarosz, executive director for Canada Fashion at The NPD Group. TORSTAR NEWS SERVICE

A Prada men's shoe. TORSTAR NEWS SERVICE FILE

SNAP, SEND, SEE IT DISAPPEAR

SHE SAYS
Jessica Napier
metronews.ca

"I'm not using it for sexting!" I exclaimed as I snatched my iPhone back from my friend whose eyebrows were raised disbelievingly. I had just received a slew of notifications from Snapchat and felt the need to defend my decision to download an app known for promiscuous photo exchanges.

If you're not in high school, there's about an 80 per cent chance you've never even heard of Snapchat, so allow me to fill you in. The decidedly simple app allows users to transmit photos and videos that expire after a prescribed amount of time: between one and 10 seconds. Once a message has been viewed, it disappears from the user's phone and Snapchat's own company servers. The free app is a relatively inane form of time-wasting, but it's also strangely addictive.

Creators Evan Spiegel and Bobby Murphy originally designed the app as part of a class project at Stanford University. When presenting their idea, a venture capitalist sitting in on the class told Spiegel that the app could be interesting if he made the photos permanent. The tech-loving wunderkind and his partner ignored this advice and launched the self-destructing messaging service to the public in September 2011.

Available on iPhone and Android devices, the free app currently has more active users than Instagram, but isn't without its critics. Many have dismissed it as a way for bored teenagers to exchange risqué messages without getting caught by their parents. But while it's likely that many are using the service to transmit content of the not-so-clothed variety, it's important to note that the app is gaining traction and developing a substantial user base beyond the horny coed demographic. More than 100 million images and videos are sent through Snapchat every day and the app is generating a lot of buzz — although no actual revenue as of yet.

As we become increasingly obsessed with documenting and cataloguing our lives on social media, I can see the appeal behind a communication tool that operates on impermanence.

While most social-networking platforms are highly self-conscious — requiring users to create their own carefully curated persona to package and present to their friends and fans — Snapchat facilitates a more spontaneous and candid form of communication.

Its growing popularity is a reactionary response to the highly processed and everlasting content on other social media platforms. Not everything we say and do should stick around forever and it's this desire for impermanent forms of expression that Spiegel and Murphy were able to tap into. Despite the opposition, the young developers — who have since received nearly $14 million in venture funding — knew that the disappearing nature of the messaging service would be its ultimate appeal. So even though it might be known for facilitating evidence-free sexting, the app also offers a new way for all of us to avoid being haunted by a "digital trail" and communicate in a more uninhibited manner.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Drones used to protect rhinos

ANUPAM NATH/THE ASSOCIATED PRESS

Cameras help spot poachers in Indian national park

Wildlife authorities used drones on Monday for aerial surveillance of a sprawling natural game park in northeastern India to protect the one-horned rhinoceros from armed poachers.

Security officers conducted flights of the unmanned aircraft over the Kaziranga National Park. The drones will be flown at regular intervals to prevent rampant poaching in the park located in the remote Indian state of Assam.

The drones are equipped with cameras and will be monitored by security guards, who find it difficult to guard the 480-square kilometre reserve. THE ASSOCIATED PRESS

Park has largest number of one-horned rhinos in the world

- Poachers armed with automatic rifles killed 22 rhinos last year in the park, but have killed 16 rhinos already this year.
- Rhino horn is in great demand in China and Southeast Asia, where it is believed to have medicinal properties.
- In recent weeks, wildlife authorities in Assam have deployed 300 armed guards to protect the rhinos in Kaziranga, but they have been no match for organized gangs of poachers who have been managing to strike at the rhinos with increasing regularity.

New on RMR: I'm wearing pink to protest bullying

RICK MERCER
Guest columnist
readers@metronews.ca

Tomorrow I will wear pink. Full disclosure: I don't usually wear pink. I'm a black-and-white guy, and even blue jeans are a stretch. That said, I am happy to make the exception if it means stating loud and clear that bullying, discrimination, homophobia and transphobia in schools and communities across Canada must end.

We all know that bullying can be fatal.

We've heard the tragic tales of kids like Jamie Hubley and Amanda Todd, who ended their lives after being subjected to bullying at school. We hate to admit it but we know that there are more kids out there today who are suffering in silence.

The Day of Pink is an important solution to this problem not only because it helps to raise awareness but because of where the idea originally came from.

When students in Nova Scotia saw a younger student being harassed because he was wearing pink, they decided to do something. They took it upon themselves to buy every pink shirt in town and they did it on their own dime. The next day they handed these shirts out at school. Suddenly the bullies who were making this young man's life miserable were surrounded by students in pink. They learned in no uncertain terms that the vast majority of kids were not going to accept their behaviour. Message sent. To me, the kindness, courage, compassion and creativity exhibited by this gesture is what being Canadian is all about.

Those kids stood up for someone who wasn't in a position to stand up for himself. They could not have any idea what they started. This past year, 8.1 million kids around the world wore pink on the International Day of Pink to send the same message. The Day of Pink, like the zipper, is a Canadian success story. Someone should get these kids the Order of Canada.

Kudos to Jer's Vision, an incredible organization of young people, for working so hard to make the Day of Pink an international success story. I'm proud to support them and I look to them for solutions.

They are young, I am not, and they know what's going on in Canadian schools. Thankfully, I don't. I will take their lead. They want me to wear pink? I'm in.

So please, folks, wear pink tomorrow or, at the very least, throw a red sock in your white laundry tonight.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro
President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

DVD reviews

Hyde Park on Hudson

Director. Roger Michell

Stars. Bill Murray, Laura Linney, Olivia Williams

Bill Murray makes a charming Franklin Delano Roosevelt and Laura Linney a stoic mistress Daisy in Hyde Park on Hudson, a film split between history, gossip and whimsy. But they've both got their work cut out for them with the wafer-thin screenplay, which Richard Nelson adapted from his BBC radio play of the same name. Titled for FDR's upstate New York retreat, where America's longest-serving president took refuge — and rumoured sexual liaisons — as the Second World War threatened, Roger Michell's film struggles for definition as either daffy comedy or insider's view of history. Samuel West and Olivia Colman steal scenes as visiting King George VI and wife Queen Elizabeth (the future Queen Mum), befuddled by hot dogs and emboldened by booze during their 1939 visit with FDR, but The King's Speech 2 this isn't.

Rob Thomas and Kristen Bell are getting to work on the new Veronica Mars movie. GETTY IMAGES

How to shoot for Mars with $2 million

Kickstart cred.
Veronica Mars creator Rob Thomas lets Metro in on some of the details about the upcoming fan-funded film

Rob Thomas gave Metro World News some details about the upcoming Veronica Mars movie — which is scheduled for release in 2014 — and details about how the project came to be.

The initial goal of $2 million seems small for a movie. Would it even be possible to make a Veronica Mars film with that budget?
When Kristen and I went into it, we sort of agreed that we would make the, she called it the "No fancy trailers" budget. She and her husband had just done that movie, Hit and Run, and I think they made it for around $2 million.

So that was part of the ethos of it.

Who is returning (besides Bell and Dohring)? Aren't they a little too old for high school or even college?
We're in negotiations with the other cast members, and I've spoken to all the other cast members. Absolutely people want to do it, and I'm building it around the 10-year high school reunion, so I'm planning on using the bulk of them but deals still have to be made.

(Kristen) is 28 as we pick up the movie. She has just got out of law school at Columbia and starting to interview for jobs in New York law firms.

Why do you think fans have responded to Veronica Mars so much?
The key to achieving the cult status is being able to hang on for a while. The fact that we started on UPN, and we were allowed to survive some not terrific numbers for a while was part of the equation because having done ABC, we'd only have been on for two episodes and we would never have been allowed to grow into a cult status.

Seinfeld started out with an order of six on a death night, and they allowed that to build. It went beyond cult status. I think being somewhere where no one noticed, where you weren't expected to do good numbers or great numbers was key, and I think the character herself, Veronica, was a great fit for UPN.

When I first went in there to have a meeting, they told me the direction they wanted to take the network. They said, "We think we're going to skew young and female, and we're looking for female empowerment shows."

I had written Veronica Mars a year before on spec. I had just written it for myself because it was an idea I was inspired by. I told them, "Well, I have a script in a drawer at home about a very empowered teenage girl."

Need to see a Doctor?
Check our Walk-in Wait Times online at
www.appletreetoronto.com
20 locations providing both walk in services and on going family medical care
647-722-2370
Appletree Medical Group
Physicians Working Together for Better Health Care
20 YEARS 1993-2013

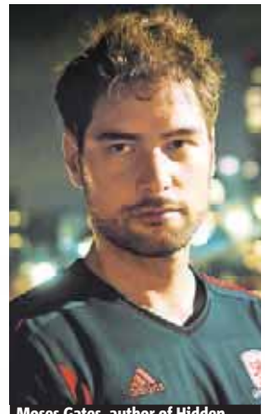
Opening up the Gates

Moses on the move. The author takes us on a series of insane, introspective and sometimes illegal adventures in Hidden Cities

Moses Gates has friends in very high places, the lowest of low places and everywhere in between. Part of a close-knit network of urban explorers, he has climbed the Notre Dame Cathedral, surveyed the depths of the Parisian catacombs, braved playing frogger in metro systems the world over — and lived to tell the tales in his memoir Hidden Cities. Not without some ego — he boasts membership to an exclusive club of daredevils who've had sex on top of bridges — and not without breaking the law, the city planner admits that it's the unplanned moments that make for fantastic voyages. We ask him about fear factors, factory tourism and Facebook.

People often seek to travel "off the beaten path." But you do a lot of travelling where there's no actual path to begin with. What's the draw?

Places are popular for a reason. The problem with tourism isn't the places you're going to, it's the way that tourism is conducted. The more people that travel to a place, the more it becomes commodified, which leads to it being more expensive, controlled and cynical. The places are still amazing — the Roman Colosseum, for example — but if you go to the coliseum in Tunisia, where Gladiator was filmed, it's just as incredible a monument, but there's less tourists, there's not a subway stop there — it's a different experience.



Moses Gates, author of Hidden Cities. HANDOUT

Most of the adventuring you describe in the book, you didn't do alone. But what if you go to a place where you have no connections? How would you navigate a city solo?

I run into a bunch of great characters while travelling and I love writing them, but I would say two-thirds of the time I'm alone. If you're on the backpacker trail, it's easy to find people to go around with. One of the tricks I always used is that in every hostel or backpacker bar, there's always an extrovert. Sometimes they're fun, sometimes they're jerks, but always attach yourself to that person for two reasons. One, that person always talks to the locals; two, that person almost never has any actual ideas, they just get into things. That's one of the ways to do it. Getting invested in a subculture is another. Start forming a network. It's so easy to do with the Internet. Mine happened to be urban exploration, but it could be anything.

You acknowledge in the book that there's an inherent egotism that comes with travelling off the grid. What keeps you humble?

I know so many people who do much more badass s— than me. I love what we do and what I do, but we're not curing cancer, we're not jumping from outer space, we're not Sir Edmund Hillary or anything — we just probably push the envelope more than your average traveller. We're skilled hobbyists. I just see myself as a person who is curious and had a period in life where he was fairly risk-adverse and wanted to find it. If urban exploration was a baseball game, I'm like a solid journeyman utility infielder that is lucky enough to play on the 1927 Yankees.

GINA ANGELOTTI, METRO NEW YORK

Just do it

In terms of safety and legality, do you have advice for people who might be inspired after reading your book to go, say, climb a pyramid?

- I'm always a proponent of going where you want to go, doing what you want to do. I never worry about getting hurt or dying. I'm never stressed about the danger part, because I'm a good climber, I know how subway tunnels work and how to not get hit. But I'm always terrified of getting caught. It's more random, and you have less control over it. Everybody has their own risk tolerance. The key is to know what yours is and push it a little bit.

SAVING ONE DECK AT A TIME
DISASTER DECKS
WITH PAUL LAFRANCE
NEW SERIES PREMIERES TONIGHT 10
HGTV
HGTV.CA
HGTV is a trademark of Scripps Networks, LLC. Used with permission.

Why the Stones are still relevant

With tickets for the band's 50 & Counting tour (including two Toronto shows) having gone on sale, here are five reasons we care about these aging rockers

THE ASSOCIATED PRESS

Who is left?

LIVING HISTORY

Elvis Presley is dead. The Beatles will never perform again. The Stones, Bob Dylan and Paul McCartney are links to a special time in music history, and you can still see them in concert.

How much longer?

THE LAST TIME

Keith Richards is 69, the same age as Mick Jagger. Reality is catching up. Probably even before they expect it, they'll be singing The Last Time for the last time.

He has seen it all

CHARLIE'S FACE

There's no better facial expression in rock 'n' roll than the bemused one worn by drummer Charlie Watts as he takes in the madness around him.

A model citizen?

KEITH RICHARDS

There was a time, kids, when Keith was a menace to society, a walking advertisement of the evils of drugs. Now he's your cool, crazy uncle who can play a decent guitar too.

Still good music?

LIVE BAND

The Stones are fully aware of their best work; you won't hear a flabby show. The past few times out, it has been little more than greatest hits performed on autopilot.

EBIKE UNIVERSE
THE ULTIMATE EBIKE STORE

Ebike Universe North
134 Oakdale Rd.
Toronto, ON, M3N 1V9
Tel: (416) 749-2324

Ebike Universe Etobicoke
35 Stoffel Drive, Unit B
Etobicoke, ON M9W 6A8
Tel: 416-240-1384

FREE DELIVERY
Gatto $1499*
Austin $1499*
FREE HELMET CALL FOR DETAILS
GO GREEN
NO LICENSE, NO INSURANCE REQUIRED
Ebikes Feature:
LED LIGHTS, 500W MOTOR, HYDRAULIC DISC BRAKES, ADVANCED MOTOR WITH DAYMAK DRIVE, ALARM & REMOTE
For Additional Safety:
RAIN PONCHO, EBIKE PLATE, TOOL KIT WITH PUMP AND REPAIR KIT, REFLECTIVE TAPE
*Taxes, PDI ($139 Included 2 Year Warranty) Are Extra.

ARMIN VAN BUUREN
Intense
THE NEW ALBUM FROM
ARMIN VAN BUUREN
Pre-order on iTunes
iTunes.com/ArminVanBuuren

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Fest a 'recipe for disaster' for Lohan: Friend

Lindsay Lohan infamously scheduled her upcoming 90-day rehab stint to start next month so that she can hit up the Coachella music festival starting this weekend, but at least one friend thinks she should skip it.

"I fear for her life if she goes to the festival," Danish promoter Claus Hjelmbak tells Radar Online. "Lindsay is in a very dark place right now, and I'm absolutely scared for her life. Coachella is the last place she needs to be. For someone struggling with addiction, like Lindsay, the amount of drugs and alcohol at Coachella is just a recipe for disaster waiting to happen."

The music festival takes place over two weekends in the desert near Palm Springs, with a packed schedule of famous bands set to perform, including the Red Hot Chili Peppers, Moby and the Airborne Toxic Event.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jay-Z and Beyoncé in hot water over their Havana nights

THE WORD
Dorothy Robinson
scene@metronews.ca

Jay-Z and Beyoncé Knowles may be in trouble for their lavish fifth wedding anniversary trip to Cuba last week, as it's raising eyebrows with a few Florida politicians, according to Reuters. "Despite the clear prohibition against tourism in Cuba (for U.S. citizens), numerous press reports described the couple's trip as tourism, and the Castro regime touted it as such in its propaganda," Florida Representatives Ileana Ros-Lehtinen and Mara Dias-Balart say in a letter to the director of the Office of Foreign Assets Control. "We represent a community of many who have been deeply and personally harmed by the Castro regime's atrocities, including former political prisoners and families of murdered innocents."

A rep for Jay-Z and Beyoncé was unavailable for comment.

There is no word on how Jay-Z and Beyoncé were allowed to enter the country (travel for American citizens is very strict). My working theory? They are secretly Canadian.

Twitter

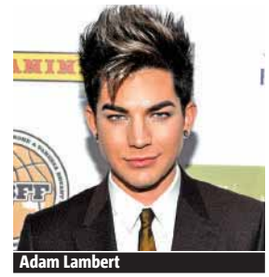
@ElizabethBanks
RIP Margaret Thatcher. A role model for women & young girls across the world. Also, my high school Halloween costume.

@samantharonson
Regardless of her politics — I grew up believing that I could be anything I wanted to be, even Prime Minister — lucky 4 you all I didn't.

@pattonoswalt
"Karen Silkwood, Julia Child, and now Margaret Thatcher. The Streep Curse, man" -- world's dumbest conspiracy theorist

Lambert splits from Finnish boyfriend

American Idol vet Adam Lambert is single again, having split up with boyfriend and Finnish Big Brother winner Sauli Koskinen, Lambert tells the South Florida Gay News. "It's been kind of on its way out in the last couple of months," Lambert says. "Sauli and I remain really good friends, and I know it's a cliché to say, but it's totally true," he adds.



Adam Lambert

Limited Time Only!
ALL DRESSES
$30*
Prestige members receive an additional 10% OFF their purchase!
*Excludes special occasion dresses.
SUZY
SUZYSHIER.COM

How Beyoncé bid bye bye to her baby Blue weight

Fitness. Squats, shakes and nerves of steel — we look back on how the bootylicious singer got back into shape after giving birth to her daughter

ROMINA McGUINNESS
life@metronews.ca

We find out how she was sure to squeeze into her (super tight) stage clothes so quickly.

Pack it on, get it off

Beyoncé gained a total of 57 pounds throughout her pregnancy.

But with her first show scheduled just three short months after having her baby, she had to lose it all — and fast.

At the time, she was quoted as saying, "I'm definitely softer, but I feel my body bouncing back."

It did.

And it probably wasn't much fun.

"Y'all have no idea how hard I worked! I had to lose 60 pounds. They had me on that treadmill. I ate lettuce!" she confessed to her fans.

But her trainer, Marco Borges, explained how her slimmed-down frame was simply the result of proper nutrition, regular workouts and breastfeeding.

Beyoncé got back to her fighting weight for the upcoming world tour and her return to the world's stage. GETTY IMAGES

One year on, she's maintained a stable weight.

Proper nutrition — eat lean, eat green and stick to your plan

After initially shedding the extra pounds by sticking to a diet of vegetables, fruit, nuts, seeds, grains and clean proteins, Life & Style reported that in order to make sure the weight didn't creep back on, Beyoncé has one vegan meal a day.

The eating plan was recommended by Borges, who believes that a meat and dairy-free meal is a great way to get, "people to eat more greens than they normally would."

And whenever she craves a crunchy snack, she ditches the chips and reaches out for something healthy like edamame beans, green apples or cucumbers sprinkled with vinegar, cayenne pepper and lemon.

Fierce discipline, explosive workouts

Fitting into tiny corsets and exposing your thighs in fishnet tights is a struggle for most women.

Yes, even Beyoncé. Opening up to Shape Magazine just weeks before the start of her world tour, the singer revealed how difficult keeping in shape can be.

"I'm not a person that is naturally very thin. I am a person that has to work at keeping my body in shape," she said.

But how does she manage to do that?

It's thanks to her drive, determination and dedication, Borges said, also to Shape.

"We do a combination of cardio, calisthenics, resistance exercises and yoga. Whether she's doing lunges, plies, reverse lunges or squats, she does 100 repetitions. When you do those sets, it is really an extension of your cardio, so you can sculpt muscles while building endurance. Beyoncé is really hardcore. She trains for 60 to 90 minutes, four to five days a week."

She sweat and she ate lettuce. But never once did she give up her boobs, her hips or her bum in favour of skin and bone.

She's a healthy, happy working mama.

Quote

"I'm not a person that is naturally very thin. I am a person that has to work at keeping my body in shape"

Beyoncé
Talking about how she got back into shape.

CLINICAL TRIAL PARTICIPANTS NEEDED

Pharma Medica Research is looking for men and women diagnosed with any of the following disorders to participate in an upcoming study:

- Schizophrenia
- Schizoaffective
- Schizophreniform
- Bipolar Disorder

You will be financially compensated upon completion of the study

For more information call 416.759.5554

TORONTO MOBILE VETERINARY SERVICES
Professional & friendly veterinary care all in the comfort of your own home!! We provide general, emergency and procedural services and much more!!
Open after-hours, weekends and holidays.
Call 647.389.4VET (4838)
Visit www.torontomobilevet.com for an appointment TODAY!!

How do I become a Dentist ?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

CROOKED TEETH
and want them straightened?
You or your child may have irregular teeth, which cause you to feel embarrassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.
For a free examination appointment
Please call Bonnie at (416) 635-5821

Ending your cycle of hormonal hell

Health. Your period shouldn't cause you misery. An expert gives some tips on how changing your diet can help

MEREDITH ENGEL
Metro World News

If you thought PMS, bloating and zits were all just the lowlights of being a woman, Alisa Vitti would like you to think again.

"What's normal is to feel great all month, to have natural conception, not to have postpartum depression," says Vitti, a women's health expert and the author of Woman Code: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive and Become a Power Source.

"What's normal is a sex drive that increases as you age. What's normal is a metabolism that's helping you maintain your healthy weight. Anything that's not, that isn't normal."

If you're often in hormonal hell, Vitti has a plan to get you back on track — and it starts with your diet.

What to avoid

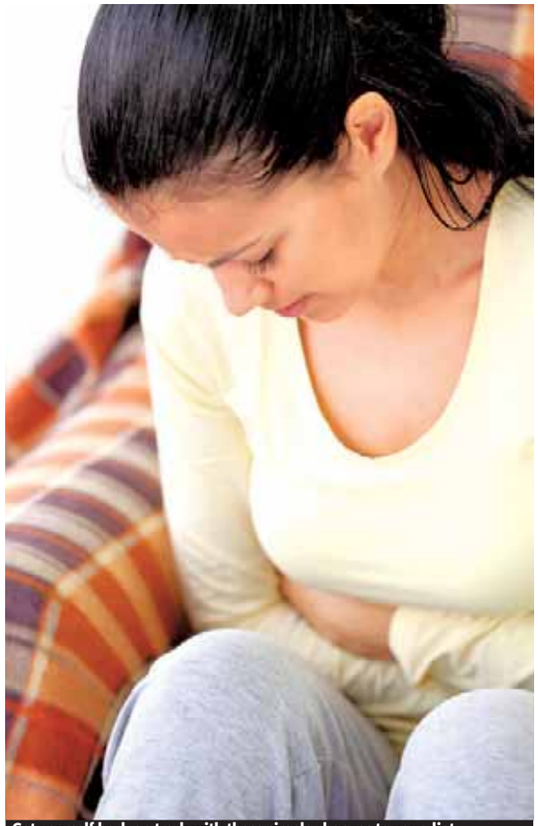
Soy
Specifically, stay away from soy protein isolate. "Most soy products are highly concentrated in soy protein isolate," Vitti says, "Which is full of concentrated estrogen and exacerbates hormonal symptoms." If you must have soy, choose fermented options, including miso paste and tempeh, in moderation. Tofu is OK in small quantities, as long as it's GMO-free.

Dairy
"The casein in dairy has been shown to build up a plaque on the small intestine," Vitti says, which blocks the absorption of vital micronutrients. Concerned about calcium? Vitti says that on her plan, eliminating dairy also means adding in more foods that are good sources of calcium, like kale, bok choy and sunflower seeds.

Gluten
"Wheat-based products cause such inflammation in the intestine," she says.

What to load up on

Fermented foods
"(They) provide the body with probiotics, which help you absorb more nutrients," Vitti says.


Get yourself back on track with these simple changes to your diet.
ISTOCK PHOTOS

Sweet potatoes
"I love them for the vitamin A to help with your liver," Vitti says.

Pasture-fed eggs
"They help the body make progesterone, which keeps PMS symptoms away," Vitti says.

Avocados
"(They have) EFAs that keep our hormones really, really healthy," adds the book author.

Fertile ground for naturopathic care
NEW Patients Welcome
The Robert Schad Naturopathic Clinic at Sheppard and Leslie
As the leader in naturopathic education and research, the Canadian College of Naturopathic Medicine's Robert Schad Clinic is a great source of holistic care.
Therapies include **acupuncture, traditional Chinese medicine, hydrotherapy and lifestyle and nutritional counselling.**
Naturopathic care also helps patients manage the side effects of their prescription medications.
For more information or to make an appointment visit www.rsnc.ca or call 416-498-9763.
ccnm CANADIAN COLLEGE OF NATUROPATHIC MEDICINE
1255 Sheppard Avenue East (at Leslie Subway Station)
On-site Botanical Dispensary • BODY AND MIND • Parking Available

Are you a Healthy Person between 18 and 55 years of age?
If so, we want to hear from you!
Apotex is currently recruiting healthy men and women to participate in studies on pharmaceutical products.
CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca
• YOU WILL BE PAID upon completion of the study
• Compensation may range from $800 to $3900 depending on the length of the study
APOTEX ADVANCING GENERICS

Staying safe on your bicycle commute to work this spring

Tips. If your wheels aren't on the subway or a city bus, make sure you're riding the right way while enjoying the sunshine

NATALIE SHURE
life@metronews.ca

Get geared up to return your bike to the road. ISTOCK PHOTOS

With spring officially upon us, legions of urban commuters are beginning to shed their quilted coats and search for excuses to spend more time outside.

Commuting by bicycle can be a great way to savour the sunshine and jump-start your fitness routine while being eco-friendly.

Inexperienced city cyclists might feel intimidated by busy streets and speedy drivers at first, but it is easy to gain confidence quickly while navigating a city on two wheels. After more than a decade of riding and working with bicycles in Tampa and New York City, bike mechanic Max Boyajian is familiar with the challenges cyclists face in crowded areas. He shared a few tips for starting out as a bike commuter.

Fill 'er up

If a bike hasn't been used through the winter, the tires will need to be refilled. If you don't own your own pump, almost every bike shop has free air available for passing cyclists.

Keep calm

Even if they are following the rules of the road, city cyclists are bound to get honked at by irritated drivers. Don't let it rattle you, and don't provoke drivers unnecessarily. "You've got to learn how to be honked at," Boyajian says.

Plan for the weather

Waterproof outerwear can protect you from rain. Keep your clothes professional-looking by installing fenders onto your wheels. "They might look dumb, but they're better than a strip of mud across your back," Boyajian says.

A right to ride

Be careful passing parked cars.

- **Rules of the road.** Drivers might not check for bikes after they park, meaning they could open their doors into an oncoming cyclist. Cyclists have the right to ride in the centre of a lane.

Best Health

Can your eyes get sunburned?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Sunglasses: no longer just a fashion accessory. ISTOCK PHOTOS

Yes. While on assignment in Portugal, CNN's Anderson Cooper famously sunburned his eyeballs.

He described the experience: "I wake up in the middle of the night and it feels like my eyes are on fire — my eyeballs! — and I think, oh, maybe I have sand in my eyes or something."

Yes, it can happen, and at any time of year. Our content editor, Melissa Greer, interviewed Dr. Cheryl Zimmer of the Canadian Association of Optometrists.

"The front clear surface of the eye, called the cornea, is composed of tissue similar to the skin. It's very susceptible to the elements — wind and sun, in particular," Zimmer said.

The resulting keratitis can cause blurry vision and very sore eyes, and can take 24 to 72 hours to heal.

Squinting may protect your eyes but it can lead to headaches and eye strain, so the best protection is a pair of sunglasses, says Zimmer. She suggests a pair that blocks both UVA and UVB rays. According to Health Canada's website, manufacturers follow voluntary industry standards when labelling sunglasses.

Those labelled general purpose block 60 to 92 per cent of visible light and UVA rays, and between 95 and 99 per cent of UVB rays.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Advertisement

Finally A Weight Loss Plan That Works

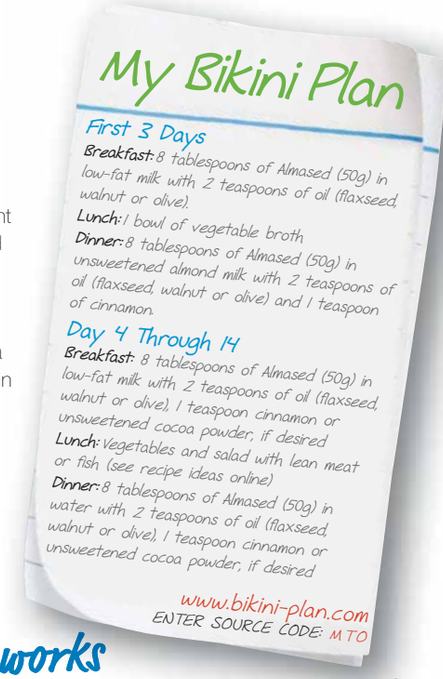
Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.


My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
ENTER SOURCE CODE: MTO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MTO.

TRUE NORTH nutrition
The New Direction in Health

For retailer inquiries, please call **True North Nutrition** directly at toll free **1-800-261-4223**.

SHOPPERS DRUG MART · THE BIG CARROT · nature's source · nutrition house · Supplements plus · Nature's Counter · healthstorelocator www.healthstorelocator.com

Roasted peppers, pine nuts, goat cheese make tasty trio

This recipes serves six. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

I can never make enough of this simple salad.

In restaurants, roasted peppers are often marinated in oil, which adds calories and fat. Here I use only one tablespoon of olive oil — and the results are outstanding.

Red, yellow, and orange bell peppers contain an abundance of beta carotene and antioxidants, which help in the fight against cancer.

Ingredients

- 6 bell peppers of various colours, roasted
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 cup crumbled goat cheese
- 3 tbsp chopped fresh basil or parsley
- 2 tbsp pine nuts, toasted

1. Slice roasted peppers in thick slices; arrange on platter.

2. Whisk oil and vinegar together in small bowl. Drizzle mixture over peppers.

3. Sprinkle peppers with crumbled goat cheese, basil (or fresh parley) and toasted pine nuts.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional info

Per serving: 88 calories; 2.7 g protein; 4.9 g fat; 1.3 g saturated fat; 8.3 carbohydrates; 20 mg sodium; 2.2 mg cholesterol; 2.5 fibre

Health Solutions

Rhubarb rights and wrongs

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Rosy red is the colour of spring; pick rhubarb while the cardinals sing.

Rhubarb is a wild vegetable that we treat culinarily as a fruit.

Not only is it loaded with B vitamins, if you go for the redder the stalks, there is more skin saving Vitamin A in your pie. To boot, this delicious delivery system of eye protection has everything your eyes are looking for: beta carotene, lutein and zeaxathin.

Things NOT to do with rhubarb:

- Do not eat the leaves. They contain nutrient binding oxalic acid as well as poisonous glycosides.
- Do not ruin the low cal benefits by cooking with too much sugar; keep it tart.
- Do not store raw stalks at room temperature. Either store in fridge in plastic or chop and freeze immediately.

Here is the best cooking method to make a spread or pancake topping: Bring 1/4 cup orange juice to a boil; add 2 tablespoons of maple syrup, 1 tablespoon of sugar. Add 1.5 cups chopped rhubarb. Simmer until smooth.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

RECREATIONAL DRUG USERS NEEDED

Men and women,18 to 55 years of age, who have recreational drug experience with psychedelic drugs (LSD, ecstasy, PCP, ketamine, dextromethorphan) are needed for a clinical research study.

Participants must have experience with psychedelics and drugs from another class (stimulants, opioids or sedatives).

Study consists of one screening visit, one 8-day in-clinic qualifying session, seven 5-day in-clinic treatment periods, and a follow-up visit.

Financial compensation for participation.

inc Research®

www.studies4u.com
416.640.4004 • 1.866.222.8063
720 King Street West, 7th Floor (north elevators)

Couples who sweat together stay together. ISTOCK IMAGES

Are healthy couples happy couples?

NATALIE LAVOY-FURTADO
2life.io

Getting in shape isn't always easy, but it helps when you have constant motivation from your partner.

"My boyfriend was a huge help in terms of introducing me to a fit lifestyle and keeping me motivated," says Bianca Del Bois of Burlington, Ont., who used to live an unhealthy lifestyle but is now a healthy fitness guru.

For most couples, it really helps if both parties are into a healthier lifestyle. "We do the same routines together, jog together and do some creative outdoor workouts," says Del Bois. Working out with your partner can be fun, but are healthier couples really happier couples?

"Without sounding biased, yes!" says Del Bois. "I've never been happier or healthier in a relationship before. We really motivate each other to reach our full potential."

Now training to compete for two bikini competitions in May and June, Del Bois is always changing her diet and workout to keep it fresh.

It sounds easy but it has been hard work.

She finds that the improvements in her lifestyle have made this all worth it. "Physically I've increased stamina during cardio sessions, much more muscle definition and toning and an overall healthy appearance," says Del Bois.

Now people are so amazed by her hard work transformation that they go to her for help to achieve their fitness goals, so what advice does she have for us?

"The first steps to getting in shape would be to adjust your eating habits and just start with 30 to 45 minutes of physical activity a day, whether it's cardio, weight training, or even a Zumba class."

She also showcases her hard work, healthy recipes, and gives advice on her Facebook page, YouTube channel, and blog.

Go to 2life.io to learn about our exciting new app for two coming soon, follow us @2lifeapp on Twitter

Survey says

U.S. women now twice as likely to live with a guy before marriage

Nearly half of young U.S. women say the first time they lived with a guy, they weren't married.

That's the finding of a government survey released Thursday.

The results are a marked change from 1995, when only 34 per cent said they moved in together. Now it's 48 per cent. Back then, 39 per cent said they married first, compared to 23 now.

Experts say the numbers show living together is increasingly used as a testing ground for marriage. About 40 per cent of the women who lived with a guy went on to marry him within three years. THE ASSOCIATED PRESS

BE YOUR BOSS' BOSS.

Become a Certified Management Accountant. The strategic management approach of the CMA designation gives you the tools to manage and lead in any industry. Our comprehensive bridging program will help you qualify for the designation.

Visit becomeacma.com/infosessions now and register to attend a session, or call 1.800.387.2991 x113 for more information.

Create Possibilities.™

CMA Certified Management Accountants™

© 2013 Certified Management Accountants of Ontario. All rights reserved. ®/™ Registered Trade-Marks/Trade-Marks are owned by The Society of Management Accountants of Canada. Used under licence.

Nasty T5 slip surprise?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Owning company shares can show as extra income on your T5. ISTOCK IMAGES

A reader who owned 200 Kraft Foods shares received a nasty surprise when a T5 slip arrived showing nearly $3,000 in U.S. dividend income.

Kraft Foods Group split into Kraft Foods and Mondelez International in October, 2012. Every 100 shares of Kraft turned into 100 of Mondelez and roughly 33 of Kraft. The Kraft shares are deemed to be a foreign dividend by the Canada Revenue Agency and taxed as ordinary income.

If you are in this situation, don't panic about suddenly having more income than expected.

"An election can be made under Section 86.1 of the Income Tax Act to exclude the deemed dividend from income," notes Winnipeg-based tax expert and author, Evelyn Jacks. "This election must be made in writing and sent to CRA.

"Indicate the number and cost base for the original Kraft Foods Inc. shares; and the shares received as a result of the spin-off. If you make the election to exclude the dividends, then the cost base of the post spin-off shares is based on the cost base of the original Kraft Foods Inc. shares. The cost base is allocated between the new shares according to the fair market value immediately after the spin-off." (Sign up for Jacks' free tax newsletter knowledgeburgeau.com)

So far so good, but now we must establish a cost base for the shares to report when and if they are sold.

Jacks comes to the rescue with a little math. Let's say the shares were purchased for $20, $4,000 in total for this reader. This is called the Average Cost Base, ACB. The Mondelez shares were trading at $28 and the Kraft shares at $45.42 per share, post spin-off. Therefore the 200 Mondelez shares were worth $5,600 and the 66 Kraft Foods Group shares came to $2,997.72 US.

Take that $4,000 ACB and allocate it like this:

Mondelez: $4,000 x $5,600 divided by ($5,600+$2,997.72) = $2,605.34

Kraft: $4,000 x $2,997.34 divided by ($5,600+$2,997.72) = $1,394.48.

Those are the new ACBs for the shares. If you sell half the Mondelez and half the Kraft in the future, adjust the cost base accordingly to report the capital gain or loss on your taxes. Stick the formula, and a few notes, in your investment file so you can reconstruct what you've done down the road. Now go take a headache remedy.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Biz. Five warning signs of card payment fraud

As more Canadian businesses begin to offer online shopping and online and mobile sales continue to grow, security experts point out that a few bad apples are also using the popularity of online shopping to scam merchants with stolen payment card information.

"The good news is business owners and their employees can play a crucial role in the fight against fraud and they already have the tools to recognize and stop online, mobile or phone purchases carried out with stolen card data," says Gord Jamieson, head of security for Visa Canada.

Jamieson notes that business owners can be at risk when a payment card is not physically present.

To help identify this type of fraud before it occurs, he recommends merchants watch for the following five warning signs when carrying out transactions without the payment card:

- **Multiple purchases made with different cards, shipped to a single address**

This can indicate a batch of stolen payment card account numbers.

- **Multiple high value transactions made on the same card over a very short period of time**

This can indicate an attempt to "run the card" until the account is closed.

- **Multiple purchases made on a card with a single billing address, shipped to many different addresses**

This may indicate organized criminal activity.

- **Online transactions with multiple cards but a single IP address**

This may indicate a batch of stolen cards being run from the same computer.

- **Multiple transactions in close succession with very similar account numbers**

This may indicate account numbers that have been generated using illegal software.

Are you a business owner? Do your part to fight fraud! ISTOCK IMAGES

According to Jamieson, merchants or employees who come across any of these warning signs should request additional information from the cardholder.

"There are many tools available to help merchants avoid fraud, like the address verification service, the "three digit code" and a service called Verified by Visa," Jamieson said. He also recommends reporting the suspicious activity to their payment service provider as soon as possible.

NEWS CANADA

RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over $700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Or scan here using your mobile device to learn more.

Advice you can bank on™

*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Four credit score myths busted

Your credit score is a three-digit number ranging from 300 to 900 that tells future lenders how risky it is to lend you money based on your history of making debt payments.

There are many misconceptions about what it takes to keep your score high. We asked Henrietta Ross, the CEO of the Canadian Association of Credit (CACCS) to help us sort fact from fiction:

Myth 1
You must use major credit cards to build a good score.
Truth
If you're unable to obtain a major credit card, there are other ways to build your credit history. Making regular payments on instalment loans such as a car lease can positively affect your score, as do department-store cards and secure credit cards, which require a cash deposit in the amount of the credit limit.

Myth 2
You can't make up for mistakes such as late payments.
Truth
It takes time, but your credit will become positive as you build consistency with timely payments, Ross says. How much time it will take depends on a number of factors, including how long the late payment has been on your record and how long you've had the debt.

Myth 3
Paying cash boosts your score.
Truth
You need to use credit in order to demonstrate your ability to make payments. Using credit at least once every 30 days and making payments on time will keep you in good standing, says Ross.

Myth 4
I will not qualify for a mortgage if I've had a poor credit score.
Truth
Lenders look at your entire financial picture, including your assets, available cash flow and debt-to-income ratio. They'll also review your housing expense-to-income ratio, which is a comparison of your expected monthly mortgage payment with your gross monthly income. For more information on buying a home please visit, genworth.ca.

NEWS CANADA

Separate the credit score myths from the facts. NEWS CANADA

Ladies bring loonies. Women key drivers in today's economy

For more than a century the financial services industry has focused on men as the primary target for individual insurance and retirement savings. The tide has changed as women have surpassed men in their educational careers. A Statistics Canada report from 2007 stated that 61.5 per cent of undergraduate degrees and 54.6 per cent of master's degrees are held by women. As a result, women have become the dominant economic force in our society.

According to Mike Aziz, vice-president of sales at Desjardins Financial Security, women's purchasing power extends to all areas because they tend to control most of these decisions for themselves, their families and other dependents. In fact, women influence:

- 91 per cent of home purchases
- 80 per cent of health spending
- 90 per cent of financial decisions

Actually according to a study by the Boston Consulting Group, Canadian women control 67.2 per cent of all household spending. That's a lot of purchasing power in our economy.

"What's interesting is that while many women today are able to assert their independence through their lifestyle and career choices, many still find personal financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security. "Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So, it's essential that women create a financial plan that can support their current and future needs and lifestyle."

NEWS CANADA

Getting started

Steps toward financial security

- Think about what you would need financially to protect your family in case of an emergency like an illness or a job loss.
- Know where your money's going. Review your budget to identify any wasteful spending and make a goal of paying down your debt once and for all.
- Create a savings plan for your retirement and for a rainy day
- Review your life insurance coverage. Products like disability insurance, extended medical insurance and critical illness insurance allow you to focus on healing instead of your cash flow.

Times change, our commitment doesn't.

Still offering you a high interest rate of

1.45%*

on HiSAVE® Savings Account

The more you save, the better. ICICI Bank Canada's Canadian Dollar HiSAVE® Savings Account offers you a high interest rate of 1.45*% with no monthly fees or minimum balance requirement. So, make the most of every dollar you save.

To learn more:

icicibank.ca 1-888-424-2422

A MEMBER OF CDIC | HiSAVE® Savings Account | ICICI Bank

*Terms and conditions apply. Rate is as of March 1, 2013 and is available only on Canadian Dollar HiSAVE® Savings Account and will apply to the balances in the accounts of new and existing customers. HiSAVE® Savings Account is the brand name for ICICI Bank Canada's Canadian and U.S. Dollar Personal Savings Accounts, opened on-line. All interest rates are expressed on a per annum basis and are subject to change any time without notice. Interest on HiSAVE ® Savings Account is calculated on the daily closing balance and paid monthly. ICICI Bank and logo and the HiSAVE® name are registered trademarks.

Advertising Feature

Suit that makes you look like a million dollar man

Owning a hand crafted, custom fitted suit is the dream of every man and woman. But finding a tailor and staying within budget can often be a challenge. So, you continue to buy ill-fitting suits off the rack – suits that are not customized to the nuances of your body type and size.

An end to an ill fitted off the rack suit

Now a hand cut, hand stitched suit is within your reach through BMV Bespoke, one of Hong Kong's highly respected custom tailors. BMV has been creating custom crafted suits for over 50 years, and have built their reputation on attention to detail, offering fine fabrics and affordability.

BMV Bespoke is passionate about creating the best possible fitted suits for their clients – before a thread is cut or a measurement is taken, your BMV tailor will carefully observe and note every detail of your unique body type to ensure your suit fits to perfection.

"As tailors, we love to see somebody coming to us wearing an off-the-rack, ill-fitting suit, which often costs a fortune and then walk out with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better." – BMV's Director and Lead-cutter.

When buying off the rack, the only options are what is in front of a person- the shoulders may be too wide or too narrow or the fit may just not be comfortable.

Men who buy off the rack almost always need to have their suits altered, but by visiting a BMV bespoke, they can have a suit made exactly to their specifications and body type.

"We cut from scratch and make full suit according to individual preference," explains William Bal of BMV Bespoke Tailors.

They visit major cities several times a year, taking custom orders, including tailor-made shirts starting at just $59 upto $250 & suit starting at $329 goes upto $3500 depending on different qualities.

BMV's expert tailors, visits major cities across Canada 7 - 8 times a year. To be custom fitted and select a fabric from the thousands offered by BMV, call the number for your city on the dates provided. Ask for Mr. William Bal or BMV Bespoke.

Once an order is placed, the craftsmanship begins almost immediately, thanks to today's digital technology. You will receive your suit within 4 to 6 weeks after your custom fitting, or you can request express delivery, where your suit will be delivered within 10 business days. You also have the option of having BMV bring your suit during their next visit to your city.

BMV's most expensive suit, made of luxurious cashmere, sells for only $3,500, which is considerably less than places like the Savile Row suit company.

Thousand of Fabrics to choose from famous mills, such as:
Ermenegildo Zegna
Loro Piana
Scabal
Holland & Sherry
Dormeiul
Valentino
And many many more.....

SPECIAL MEN'S PACKAGE
1 Suit
1 Trouser
1 Blazer
2 Shirts
$650 CAD

SPECIAL LADIES PACKAGE
1 Jacket
1 Trouser
1 Skirt
2 Blouses
$650 CAD

BMV BESPOKE

Hong Kong Showroom
BMV BESPOKE, Unit C, 10/F Century House, 3-4 Hanoi Rd. T.S.T. Kowloon, Hong Kong.
Tel. (852) 2466 1699 / (852) 9194 3755
Fax. (852) 2467 1699

Email: info@bmvbespoke.com
Website: www.bmvbespoke.com

Book an advance appointment online on www.bmvbespoke.com or call us on 778 385 3592 during our tour Business Hours 10am-8pm (By Appointment Only)

Toronto Park Hyatt
11th-13th Apr (13th Apr until 6:00 pm)
4 Avenue Road, Toronto,
Ontario M5R 2E8
Tel.: 416-925-1234

Toronto Sheraton Airport Hotel & Conference Centre
14th-16th Apr (16th Apr until 6:00 pm)
801 Dixon Road, Toronto,
Ontario M9W 1J5
Tel.: 416-675-6100

Toronto Hilton
17th-18th Apr (18th Apr until 5:00 pm)
145 Richmond Street West,
Toronto, Ontario, M5H 2L2
Tel.: 416-869-3456

Ottawa Delta City Centre
28th-29th Apr (29th Apr until 4:00 pm)
101 Lyon Street N,
Ottawa ON K1R 5T9
Tel.: 613-237-3600

Victoria Delta Ocean Pointe & Spa Hotel
12th-13th Apr (13th Apr until 5:00 pm)
45 Songhees Road
Victoria BC V9A 6T3
Tel.: 250-360-2999

Vancouver Hyatt Regency
14th-16th Apr (16th Apr until 5:00 pm)
655 Burrard Street, British Columbia,
V6C 2R7
Tel.: 604-683-1234

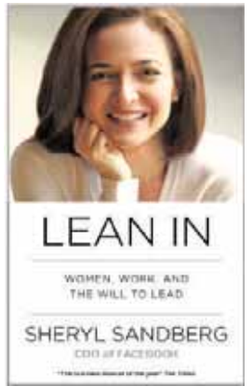
Calgary Hyatt Regency
17th -20th Apr (20th Apr until 5:00 pm)
700 Centre Street SE, Calgary,
Alberta T2G 5P6
Tel.: 403-717-1234

Edmonton Delta Centre Suite Hotel
21st-22nd Apr (22nd Apr until 5:00 pm)
10222 102 Street,
Edmonton AB T5J 4C5
Tel.: 780-429-3900

Saskatoon Delta Bessborough
23rd-24th Apr (24th Apr until 4:00 pm)
601 Spadina Crescent E Saskatoon,
SK S7K 3G8
Tel.: 306-244-5521

You can only reach us on above hotel numbers during our stay or can call us on +1 778 385 3592 between 11th - 29th Apr. Please ask for BMV Bespoke or Mr. William Bal at the hotel reception.

Lean In. How powerful women are reacting to Sandberg's set of rules



Facebook COO Sheryl Sandberg's new book, Lean In: Women, Work, and the Will to Lead, has topped both the New York Times and Amazon best-seller lists for weeks. In it, she argues that women hold few leadership roles in part because of their own internalized fear and doubt. She urges women to "lean in": accept responsibilities without hesitating, promote themselves, and not "leave before you leave," her catchphrase for bowing out to have kids long before considering pregnancy. Some critics have deemed Sandberg an unfit mouthpiece for all women; others argue that she doesn't intend to be. Here, some of the city's most successful working women add their personal experiences to the conversation.

Alison Tocci, president of City Parks Foundation in NYC
I "leaned in" instinctively because I can be an unabashed self-promoter and I like to be in charge. I don't think it's necessary to lead in an arrogant way and I think that is what Sandberg meant when she commented about the importance of being likable. My observation is that women aren't raised to lead. There have been thousands of years of instruction about being "ladylike" and absolutely no guidance on being the person in charge. I took Sandberg's point to be that now that women CAN be the person in charge, they should be conscious of moving toward that goal and not be afraid of the opportunity.

Alexandra Lebenthal, finance expert and author of The Recessionistas
"Leaning in" means going for all the challenges openly. There isn't a teacher monitoring you and grading. It's every person for him or herself.

Constance C.R. White, editor-in-chief of Essence Magazine
I can't profess to having "leaned in." I'm not into actively promoting myself. My nature is to let my work speak for itself. Fortunately I'm with an organization that has fully supported that.

Hilary DeCesare, co-founder and CEO of Everloop
While I was on maternity leave, a colleague of mine was promoted. When I asked my VP why I was not even called about the position, the response was, "Well, you just had twins." I realized I had to have a conversation with both myself and my boss about my goals. I let him know that indeed I did want to apply for the job, and that being a mother made me an even smarter and more dedicated worker. The fire storm this ended up causing changed the way the company handled women in the workplace. Also, I got the job.

JANE BORDEN, METRO NEWS IN NEW YORK

Raising your voice, and your salary, as a female employee

Get it, girl! A working woman recounts her experiences making a case for more moola

ASHLEY MILNE-TYTE
Metro News in New York

How often do you negotiate a raise? If you're female, the answer is quite likely to be not often, or even never.

My first time came about 12 years ago. I was in my 20s and about to switch roles within a company. My co-worker told me I should shoot for a number that constituted a 25 per cent raise.

It seemed like a huge amount and I found it horribly awkward to discuss money — let alone think I was actually worth something. I squirmed at the thought. But during the interview, I summoned up the courage to ask. My supervisor acted surprised, which made me uncomfortable, but I managed to resist backing down.

He muttered that it was a very large raise and I was unlikely to receive that much. Still, he said he'd see what he could do.

I got it.

That was my first lesson in negotiating. Just ask — they can always say no. In almost every study done on negotiating, women simply don't ask for raises as frequently as men do. It's one of the many reasons for the gender pay gap. Of course, I know men who hate negotiating as much as I do (I never said it was fun) and women who consider it a point of pride to fight fiercely for what they're worth. But in general, women face particular challenges when it comes to asking for what we want.

Society still views women as nice and accommodating. Asking for more money doesn't fit that picture. So we have to be careful how we do it to avoid turning people off.

ASHLEY MILNE-TYTE IS A RADIO PRODUCER AND REPORTER BASED IN NEW YORK CITY. SHE HOSTS A BI-MONTHLY PODCAST CALLED "THE BROAD EXPERIENCE" ABOUT WOMEN IN THE WORKPLACE.

The cash convo

"He muttered that it was a very large raise and I was unlikely to receive that much. Still, he said he'd see what he could do ... I got it."
Ashley Milne-Tyte

If you don't ask, you'll never know what positive changes might be in store for you. ISTOCK

Dos and don'ts

- **DO your research first.** I recommend Shenegotiates.com and the book Ask for It: How Women Can Use the Power of Negotiation to Get What They Want by Linda Babcock and Sara Laschever.
- **DON'T immediately back down if your boss balks.** This is all part of the game.
- **DO remain pleasant and polite throughout.** Research shows women can get more from negotiating if they play nice while sticking to their guns.
- **DON'T say things like "because I deserve it."** It gets interviewers and managers all hot under the collar because it goes against gender norms for women.

Copyright • Publishing • Artist Development • Marketing • Concert Promotion
Entertainment Management
Apply now!
Summer Term starts on June 17th 2013
Fall Term starts on September 30th 2013
INSTITUT TREBAS INSTITUTE
Fall, Winter, Spring, Summer start-ups!
2340 Dundas St. W., 2nd floor, Toronto, Ontario
Phone 416 966-3066 or visit trebas.com

Take Control of your Diabetes
Our Specialists can help
If you have Type 2 diabetes, and are using insulin, you may be eligible to participate in a research study involving an investigational medication.
Medication, supplies and compensation will be provided.
Contact LMC's Diabetes Specialists at:
866-701-ENDO (3636)
research@lmc.ca
LMC Making Healthy Easier
LMC.ca
TORONTO • OAKVILLE • ETOBICOKE • THORNHILL • BARRIE • MARKHAM • BRAMPTON • CALGARY • MONTREAL

The great summer search starts now

From extra money to experience, securing summer work can offer plenty of potential rewards for youth — it's landing the job that can be challenging.

As post-secondary students and new graduates embark on the job hunt, they're vying for hotly contested positions in a particularly tough job climate for the country's youth.

According to Statistics Canada, the unemployment rate for youth aged 15 to 24 in February was 13.6 per cent — nearly double the national average of 7.7 per cent.

Lauren Friese is the founder of TalentEgg, a Canadian job site and career resource for students and recent grads. The site recently launched Bright Ideas, an online initiative aimed at crowd-sourcing solutions to improve Canada's youth employment. Friese said some of the top ideas so far centre on helping high school students make better decisions about what they study and also teaching youth about the need to have marketable skills.

As TalentEgg continues to gather Bright Ideas on how to help improve youth unemployment and underemployment among Canadians, Friese has some suggestions for students and new grads currently looking for work.

THE CANADIAN PRESS

Seek help

Friese says one of the most underused resources students have at their disposal are their on-campus career centres where services such as resumé writing workshops and interview coaching are offered for free.

"That's the kind of service that once you've graduated, if you decide to go and work with a professional, (it) costs a lot of money," she says, adding that most schools will even allow alumni to make use of their career services.

"That one-on-one attention ... (having a) professional looking over your resumé and telling you what to change — that's something that you shouldn't take for granted."

Tap into digital tools

Friese says digital tools can help job-seekers not only in distinguishing themselves but to help broadcast their message to a broader audience. Not only can individuals send a link to a digital portfolio to a prospective employer, they could also use online tools as a possible platform to highlight their areas of interest, from writing an article about environmental consulting or a blog post on the latest IPO, she noted.

"Showing that demonstrated interest and keen desire to work in the industry is the most important thing in getting through the resumé, interview and screening process."

Know the employer

Friese says it's important for applicants to show a demonstrated interest in the industry and job they're applying to, as well as the company.

"It's not even about being flattering; it's about showing that you've done the research and you know what the opportunity is and why you would be good at it."

Friese says a key way for job-seekers to distinguish their applications is to ensure they're taking the time to modify and tailor their submission for each company.

"It's a job. It's someone paying you real money so you should have to work for it. And so that's the very, very basic step is to customize it."

Hunt outside of the lines

Friese says many of the structured programs which offer summer jobs and entry-level positions are already full. But those still seeking work with bigger companies may still be able to find positions which are being posted, she noted.

Students should start looking toward small and medium-sized companies and should consider roles outside of the specific area they'd like to pursue in the long term, Friese says.

"It's all about building up an experience and a track record in the workplace ... in a way that helps you understand what it is you're really good at, what you're bad at, what you like to do, and what you really don't like to do."

triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

DISCOVER
IMPROVE
ACHIEVE

BUSINESS & LAW
• Honours Business Administration
• Supply Chain & Logistics
• Professional Transport Operator
• Accounting & Payroll Administration
• Paralegal (LSUC Accredited)
• Law Clerk
• Police Foundations

TECHNOLOGY
• Information Technology Professional
• Information Technology Administrator
• Enterprise Web & Mobile Developer
• Network Administrator
• Video Game Design & Development
• Video Game Design Technologies
• Web Technology Specialist

HEALTHCARE
• Physiotherapy Assistant
• Occupational Therapy Assistant
• Pharmacy Assistant
• Addiction Worker
• Medical Office Assistant
• Personal Support Worker
• Community Services Worker

CONTACT US TODAY!
1-866-918-7634
Careerin1.com
MISSISSAUGA: 55 CITY CENTRE DR.
BRAMPTON: 252 QUEEN ST. E.
TORONTO: 425 BLOOR ST. E. STE 200
SCARBOROUGH: 4438 SHEPPARD AVE.
OSHAWA: 200 JOHN ST. W.
HAMILTON: 4 HUGHSON ST. S.

Be Job Ready in 5-12 Months!

• Financial Assistance May be Available to Those Who Qualify!
• Second Career Training Funding

The government provides qualified candidates with education funding to train them for a better career, the grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.

Health Care

• Personal Support Worker*
• Community Service & Support Worker*
• Medical Office Assistant*
• CPR & First Aid
*with Internship

Law & Legal

• Paralegal with Internship NEW! (Class starts in 2 weeks)
• Law Clerk with Internship
• Legal Office Assistant
• Police Foundations

IT & Home Inspection

• Network Administrator
• PC Support Specialist
• Computer Service Technician
• Web Designer
• Home Inspection Diploma
• Home Inspection Certificate

Accounting & Business

• Accounting and Payroll
• Business Administration
• Project Administrator
• Conference and Event Planner
• Administrative Assistant

We Speak Your Language – Career Consultation Provided In: English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, Română, Русский & فارسي

Academy OF LEARNING Career and Business College
Simply a BETTER Way to Learn!
FREE English & French In-Class Tutoring
416-840-3376
416-969-8845
WWW.AOLTORONTO.COM
DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9
Academy of Learning Career & Business College (Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

DREAM BIG

ISTOCKPHOTO/THINKSTOCK

The world is a faster-moving, more competitive place than ever before. It is smaller, too. If you want to compete — if you want to make money — you have to get a good education.

But that's nothing new, is it? The days when you could get ahead without post-secondary education of some kind are long gone. No matter what field you belong to, chances are you will have a certificate, diploma or degree on your resumé. That piece of paper isn't just your means of getting ahead, it's your means of getting started.

Luckily, colleges and universities in this country are there to help. More than ever, they are meeting students halfway — offering full-time, part-time, accelerated and even online delivery models to suit almost anyone's lifestyle, learning style, or schedule.

And their variety of offerings continues to grow. Universities are expanding their degree programs into new subject areas, reflecting a more multicultural, tolerant, technocratic society. Many colleges offer degree programs now, too, while maintaining the focus they have always had on matching students with great jobs.

These schools aren't strictly for young people, either. Mature students, hoping to retrain, upgrade their skills or seek out new careers entirely, are being welcomed into programs designed with their needs in mind.

A good education remains our best way of finding the work we are meant to do — a career we are passionate about, one that inspires us to keep improving and keep learning for the rest of our lives.

Post-secondary institutions of all kinds will be starting their spring and summer programs soon. One of those programs might be right for you. Do your research, ask questions and, most importantly, don't be afraid to dream big. Your educational journey is just getting started.

– Chris Edwards

CONQUER CHALLENGES

WITH U OF TORONTO ITLP PROGRAM

UNIVERSITY OF TORONTO PHOTO

If you are an internationally trained lawyer trying to adapt to Canadian legal practice, you face many challenges. The University of Toronto's internationally trained lawyers program (ITLP) can help you overcome them.

The ITLP offers four different programs: NCAR, for those needing help with NCA exams; BEPC, for those needing help with LSUC licensing exams; a comprehensive program, for those who need both academic support and Canadian legal experience; and a career program, for those who can manage their NCA exams, but need help developing their job-searching skills.

The career program made a big difference for Labiba Rukhsana. Born in Bangladesh, Rukhsana completed her legal education in the United Kingdom. She then immigrated to Canada, where she passed her NCA exams but could not find an articling job. By the time she graduated from the career program, she had one waiting for her.

"The career program provided me a set of tools and resources tailored to my needs," Rukhsana says. "It was a tremendous motivational force. I continue to benefit from it in my current search for an associate position."

ITLP students must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country. To learn more, and how you can enrol, visit itlp.utoronto.ca.

HUMBER

Saturday, April 13
10 a.m. - 2 p.m.

Open House

Experience Humber

Join us and learn more about our faculty, students, programs, take a campus tour and enter for your chance to win an iPad Mini.

Call 416.675.5000 or visit us online for details.

Registration is not required.

humber.ca/experiencehumber

FOLLOW YOUR PASSION

WITH UNIVERSITY OF TORONTO'S CREATIVE WRITING PROGRAM

UNIVERSITY OF TORONTO PHOTO

Sabrina Ramnanan is a graduate of the creative writing program — part of the University of Toronto's School of Continuing Studies. She began her first writing course in December 2007, took a few more courses each year, and earned her certificate in 2012. It was a long process and a lot of hard work. But ask Ramnanan if it was worth it and she won't hesitate to say yes.

Soon, she will be a published novelist.

"I always knew I wanted to be an author, I knew it like I knew my name, but by the time I'd finished high school I'd been conditioned to think that a career in the arts would amount to nothing," Ramnanan says. "Instead, I followed the practical path, becoming a teacher. I taught English as much as I could but I couldn't shake the feeling of having lost myself along the way. Passions are like that, they tug at your soul until you wake up one day and remember what it is you were meant to do. That's when I found the creative writing program."

Ramnanan was nervous at first — she hadn't shared her creative writing with anyone for years. But she need not have worried. The other students were novice writers, too. Their class was small, making it easy to ask questions and give feedback. The instructor was a professional writer, able to give her advice on how to write, and how to make a living while doing it.

Soon she was hooked. "Things just seemed to fall into place more easily when I was writing," Ramnanan says. She continued taking courses, gaining confidence from the positive feedback she received from instructors and fellow students. And her biggest success was still to come.

Ramnanan's final project was a then-unfinished manuscript for her novel, Behind God's Back. It was to be evaluated by a three-person panel, including Lee Gowan, program head, and Kathryn Kuitenbrouwer, an author and instructor. The third panelist turned out to be Lynn Henry, publishing director for Doubleday Canada.

"When the evaluation was finished, Lynn slid her business card across the table to me," Ramnanan says. "At first I didn't realize what it meant. It was a surprise — an incredible one."

Doubleday Canada will publish Behind God's Back late next year or in early 2015.

PROFESSIONALS CAN PUT YOU ON THE WRITE PATH

Writing is a hobby for a lot of people. For a select few, it's a career. If this is the job you dream of having, the University of Toronto's creative writing and freelance writing certificate programs can help you get serious about it.

"Our programs give aspiring writers an opportunity to pursue their work with the support of experienced authors and fellow writers," says Marilynn Booth, director, U of T School of Continuing Studies. They also teach the practical side of the business, including how to find and work with agents, how to budget, proper submission format, and the basics of a good pitch.

The creative writing certificate requires 120 hours of class time (usually six 20-hour courses), plus the submission of a final project to the creative writing certification panel. This project, which can be a collection of poems or short fiction, a novella or novel excerpt, a script, screenplay, or theatrical work, or even a work of non-fiction, is completed with the benefit of a supervisor's detailed feedback, delivered both online and in person.

The new freelance writing certificate requires 100 hours of class time (usually five 20-hour courses), plus completion of a final project tutorial. This tutorial is a series of writing assignments, edited by one of the program instructors. Students have 14 weeks to complete their assignments, which will be evaluated by the instructor, as well as Lee Gowan, program head.

Classes for both programs begin in April and May. To learn more, visit learn.utoronto.ca or call 416-978-2400.

ISTOCKPHOTO/THINKSTOCK

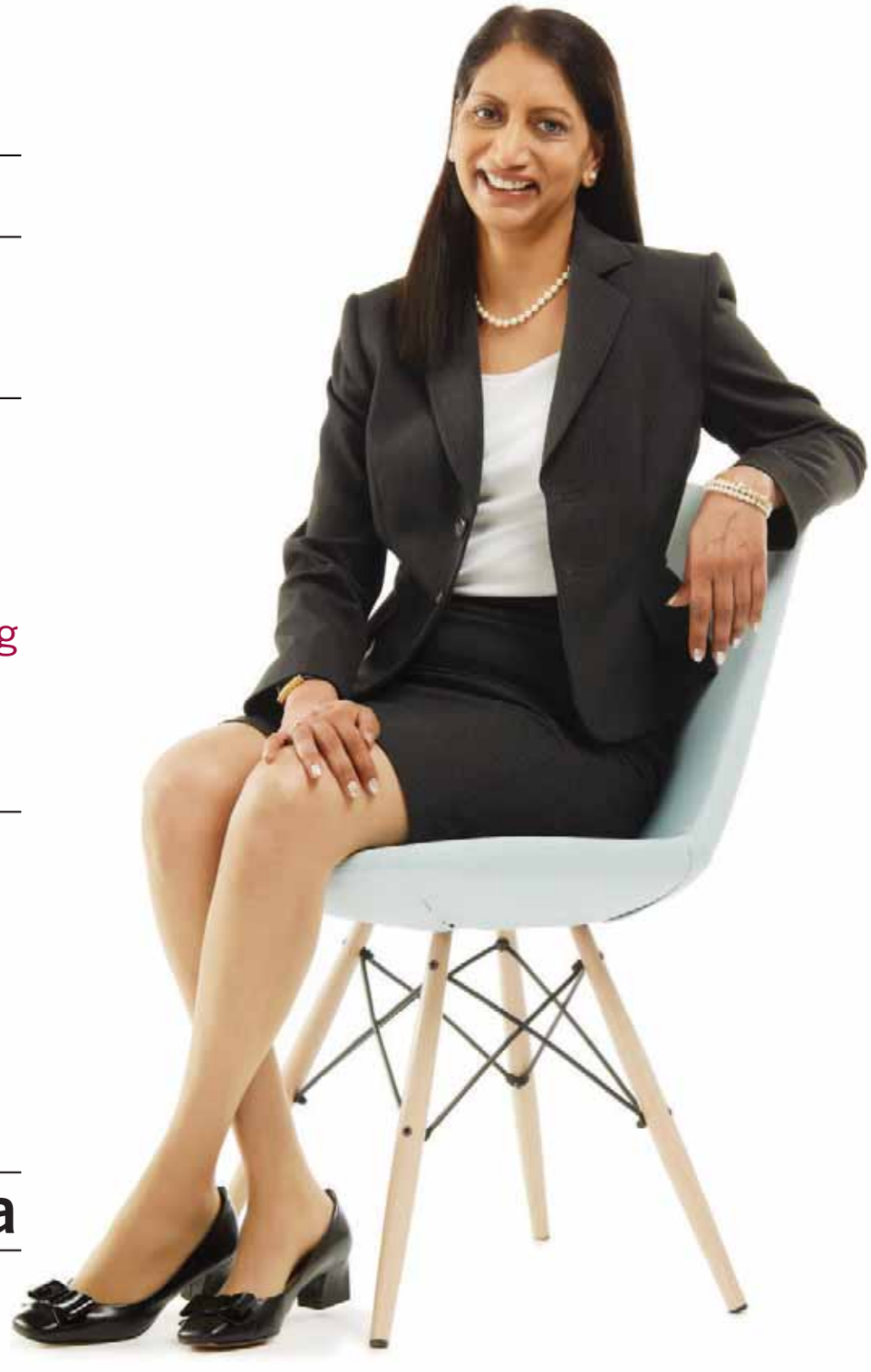
UNIVERSITY OF TORONTO SCHOOL OF CONTINUING STUDIES

Achieve more.

Marie Pereira

Graduate, Advanced Certificate in Strategic Leadership, and Strategic Planning Analyst for Toronto Hydro Electric System Limited.

"Continuing education is an investment that yields permanent growth returns. It has helped me steer a successful path from teaching to medical administration to business. I am now doing what I love best — strategy."



From Business to Arts, Creative Writing to Languages, we offer boundless opportunity to enhance your skills and enrich your life.

Classes are available in-class at U of T St. George, U of T Mississauga, and U of T Scarborough and online. For easy registration or a course catalogue call **416-978-2400** or visit us at:

learn.utoronto.ca

UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES

BUSINESS WITHOUT BORDERS

CENTENNIAL COURSES PREPARE YOU FOR GLOBAL MARKETPLACE

ISTOCKPHOTO/THINKSTOCK

Canadian businesses are going global — even if they stay on Canadian soil. Centennial College prepares you for this new reality.

Centennial's international business programs offer you a mix of theoretical and practical instruction. You will learn the basics of business, and then how to apply those basics to the global marketplace with its variety of economies, products and services, business cultures, and styles of communication. You will enter the workforce with the knowledge, skills and contacts you need to do business successfully, either here or abroad.

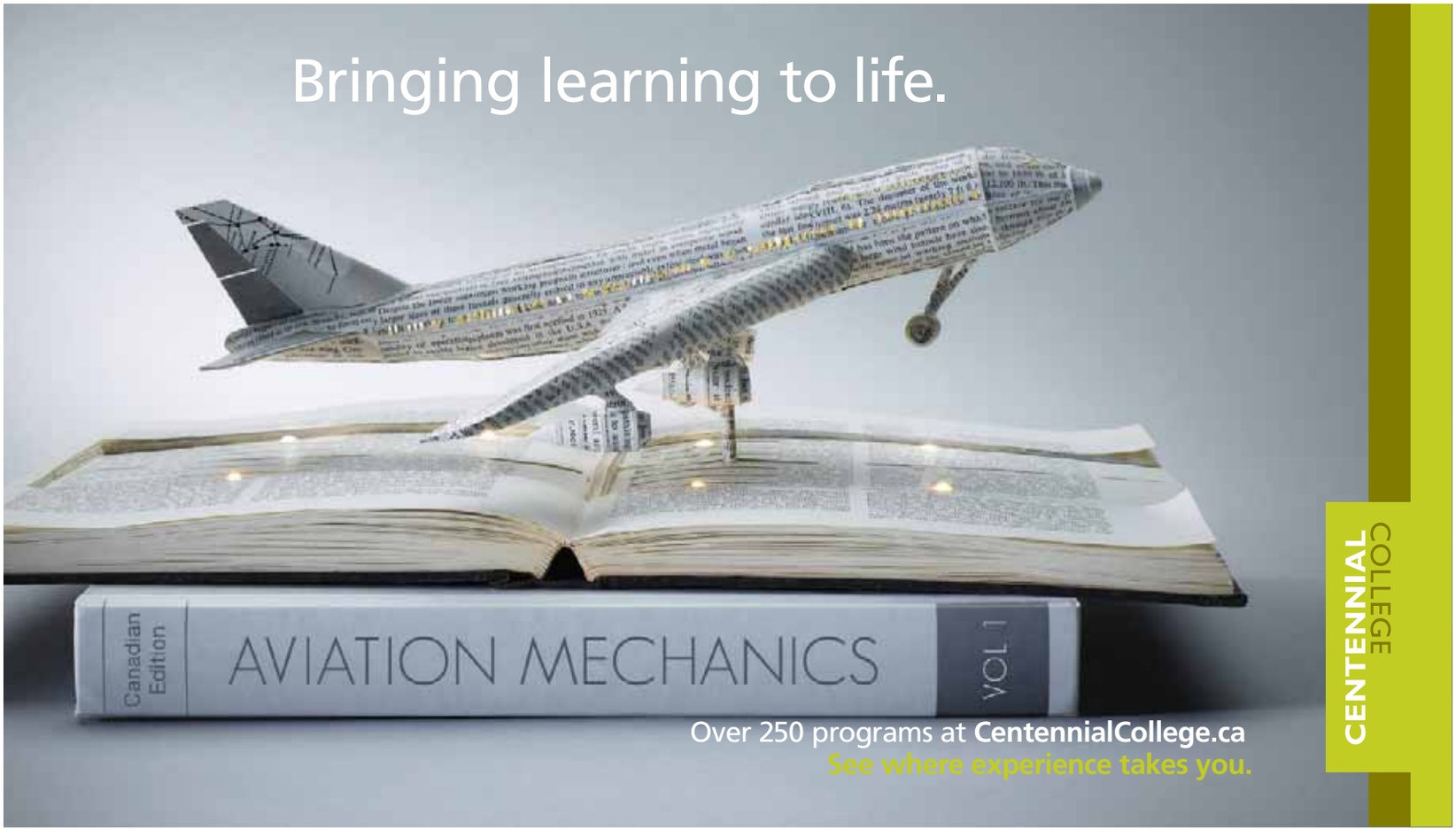
These programs are designed to suit a variety of learners. The two-year international business diploma program allows you to join the workforce — or begin work on a bachelor's degree — quickly. In fact, if you choose to take all your courses in consecutive semesters, you can finish it in only 16 months.

The three-year business administration — international business diploma program takes place over six semesters. Intended for those just out of high school, or those in career transition, this program is delivered in two variations — one with, and one without, a co-op semester. The three-year program also gives you the chance to build your global citizenship and equity portfolio — a unique opportunity to broaden your skill set and make yourself more employable worldwide.

The international business management graduate certificate program takes only one year (two semesters) to complete. It is offered with or without an internship, and is intended for students with a diploma, degree, or significant workforce experience already. The internship is considered a valuable experiential learning opportunity.

Graduates of the three-year diploma programs and graduate certificate programs may be eligible for the certified international trade professional (CITP) designation, in accordance with the process prescribed by the Forum for International Trade Training.

New classes for these programs begin in May, and enrolment is open now. To learn more, visit centennialcollege.ca, or contact Julie Nguyen, program coordinator, at 416-289-5000, ext. 3320, or jnguyen@centennialcollege.ca.



HUMBER CAN HELP YOU CHOOSE WISELY

"Colleges focus on career readiness," says John Rose, student recruitment adviser at Humber College. "That's why we offer more than 150 programs in 40 areas of study, including 22 bachelor's degrees."

A range of choice is good, of course, but it means potential students like you have a great deal to consider. Along with your area of study, you have to make decisions about Humber itself. Is the campus right for you? Will you fit in? These things matter, too. Humber can help you choose wisely.

Through tools like Humber's online career finder, you will determine which programs fit your interests, personality, learning style, and lifestyle. Humber's academic advisers then help you identify the programs you are best qualified to take (or show you pathways toward the qualifications you need). Finally, they will help you understand what to expect from your studies, before and after you graduate.

Humber gives you the chance to visit its campuses, too. The college's next open house takes place Saturday from 10 a.m. to 2 p.m. Visit humber.ca/experiencehumber for details.

To learn more about pre-enrolment advising at Humber College, phone 416-675-6622, ext. 4048, or email student.recruitment@humber.ca. Humber's staff members are waiting to help.

"We're not just looking for applicants," Rose says.

"We're looking for graduates."

HUMBER COLLEGE PHOTO

THE CAREER COLLEGE GROUP PHOTO

CAREER-FOCUSED TRAINING YOU ARE SEEKING

Medix College of Healthcare and North American Trade Schools now operate under one name: The Career College Group — but with that new name comes the same great commitment to student excellence.

"We share the excitement of this rebranding with our students and graduates," says Peter Dykstra, vice-president, operations. "Their success is our success, and with this change, we'll be able to offer them even more of the meaningful, career-focused training they're looking for."

Though Medix College and North American Trade Schools will continue to exist as individual brands, they will share select staff and resources and, in some cases, physical space. The Career College Group's new Brampton campus is the first such multidisciplinary location. Facilities like this one will allow the Career College Group to expand its program offerings, meeting the needs of many more people.

"Whether you've lost your job or simply desire a change, career colleges are well-equipped to provide you with the intensive training or retraining you need," says Dykstra, who also serves as president of the Ontario Association of Career Colleges. "And we provide it efficiently because we are successful, nimble small businesses fulfilling a crucial market need."

To learn more about the Career College Group, and the programs it has waiting for you, visit careercollegegroup.com.

UNIVERSITY OF TORONTO
FACULTY OF LAW

Your time is now!

The Internationally Trained Lawyers Program (ITLP) helps internationally trained lawyers and internationally educated law graduates to become accredited and licensed in Canada.

Upcoming programs include:
Spring 2013 Bar Exam Prep Course
Summer 2013 NCA Review Program
2013-14 Career Program
2013-14 Comprehensive Program

*Online participation available for some sessions. Contact the ITLP for details.

For more information, please contact us at

www.itlp.utoronto.ca

416.978.6770
itlprogram.law@utoronto.ca

Funded by:
Ontario Canada

ITLP
Internationally Trained Lawyers Program

Medix College
of Healthcare
A division of the Career College Group

IODA
General Dental Sciences
Principles & Techniques of Infection Control
Preventative Dental Procedures
Dental Radiography
Dental Specialties
Direct Patient Care

PSW
Hospice and Palliative Care
Cognitive Impairment
Mental Health Issues
Assisting patients with mobility, hygiene, medications

Leafs goalie James Reimer makes a diving save on Rangers forward Ryane Clowe, tripped up by Toronto defender Jay McClement, during the third period on Monday at the Air Canada Centre. The Leafs won 4-3. NATHAN DENETTE/THE CANADIAN PRESS

Kessel breaks slump as Leafs trump Rangers

NHL. Sniper breaks 10-game drought as Toronto picks up big win over New York

Phil Kessel scored twice to lead the Toronto Maple Leafs to a 4-3 win over the New York Rangers to open an important home-and-home series between the Eastern Conference rivals.

Kessel picked an opportune time to score his first goals in 10 games as Toronto (22-13-4) remained fifth in the Eastern Conference standings. More importantly, the Leafs moved four points ahead of idle Ottawa with their fifth win in six games.

The victory was also sweet redemption for Toronto, which couldn't hold a 2-0 lead against New York at the Air Canada Centre on Jan. 26 en route to dropping a 5-2 decision.

And they did it in dramatic fashion as Derek Stepan pulled New York into a 3-3 tie at 9:00 of the third period, converting a 2-on-1 break for his 14th of the season just as a Leafs power play expired. But Kessel put Toronto back ahead just 39 seconds later with his 12th of the season.

The Rangers (19-16-4) remain tied with the New York Islanders for seventh in the East with 42 points.

Toronto visits New York on Wednesday night in the final regular-season meeting between the two teams as the Leafs chase their first playoff berth since 2003-2004.

James van Riemsdyk and Ryan O'Byrne also scored for Toronto, which is 11-7-2 at the ACC.

Rick Nash had the other two goals for New York, which fell to 7-10-2 on the road this season.

O'Byrne, obtained at the trade deadline, put Toronto ahead 2-0 at 11:28 of the second on a nice setup from Nazem Kadri.

THE CANADIAN PRESS

On Monday

Leafs	Rangers
4	3

Olympics

PM pleads with NHL to let its stars play in Sochi

Prime Minister Stephen Harper is urging NHL commissioner Gary Bettman to let the league's stars play in the 2014 Sochi Olympics.

Harper says he speaks for all Canadians who want to see the country's top players don the Maple Leaf at the Winter Games.

NHL players have been part of the Olympics since 1998 in Nagano, Japan.

The league is mulling whether it is worth shutting down its season for a few weeks to let its players take part in the 2014 Games.

THE CANADIAN PRESS

NHL

Crosby not yet ready for return

Lacing on hockey skates is going to have to wait. At this point, Sidney Crosby would settle for a meal that didn't require a straw.

The Pittsburgh Penguins star and his surgically repaired mouth remain on a liquid diet as he recovers from a broken jaw sustained in a win over the New York Islanders on March 30. The NHL's leading scorer remains sidelined indefinitely and has not been cleared to return to practice.

Crosby expects to meet with doctors later this week. "We'll see how it heals and it will be a process here the next little bit but I'm not too worried about the teeth," he said. "I'm worried about making sure I'm healed, and hopefully that's sooner rather than later."

THE ASSOCIATED PRESS

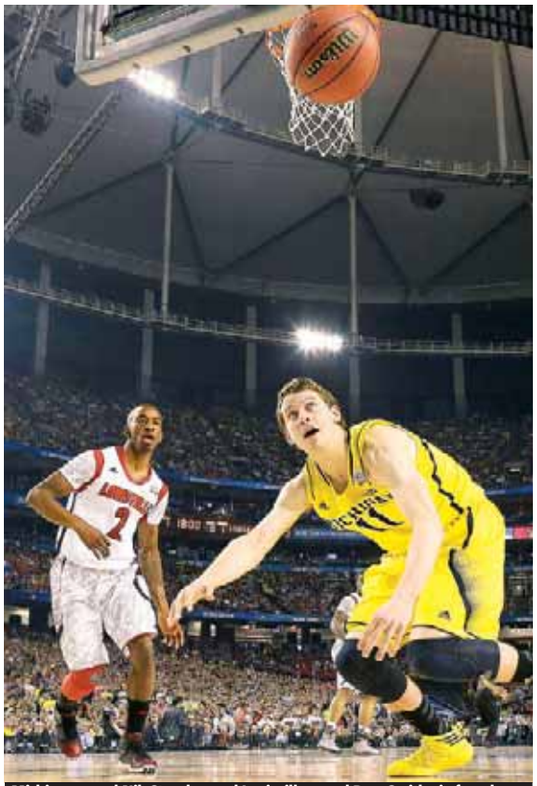
OPEN HOUSE!

NEW Luxury Condo Rentals Scarborough
This Saturday 1pm - 4pm
151 Village Green Square - Tridel Built Ventus - Kennedy and HWY 401

DEL CONDOMINIUM RENTALS

To the south of Ventus is the Kennedy Commons shopping centre and the Scarborough Town Centre is just to the east. Easy access to DVP and HWY 401.

Visit: www.delrentals.com Call: 416-296-RENT (7368)



Michigan guard Nik Stauskas and Louisville guard Russ Smith vie for a loose ball during Monday's NCAA men's basketball championship game at the Georgia Dome in Atlanta. CHARLIE NEIBERGAL/THE ASSOCIATED PRESS

Stauskas had game back in grade school

March Madness.
Michigan's Mississauga magician showed early markings of greatness, says former coach

To many, Nik Stauskas is an overnight success; a college freshman from out of nowhere who has led the Michigan Wolverines to the NCAA title game.

But Sean McCabe knows better.

McCabe, the head of physical education at Loyola Catholic Secondary School in Mississauga, was first wowed by Stauskas' basketball skills when the kid was in Grade 6. He coached the youngster three years later.

McCabe said he was coaching Stauskas' older brother Peter — "a great player too" — when he first saw Nik at a tournament for middle-school kids.

"It was pretty spectacular," McCabe told Torstar News Service Monday ahead of the championship game. "He just dominated the game against older players.

"As a sixth-grader, you could see that he could shoot, he could dribble, he could pass, he could play good defence. And, for somebody at that age to have all those skills, you knew that he was going to be something special."

Stauskas, 19, a six-foot-six guard, quickly earned a spot in the starting lineup of the Wolverines (31-7) thanks to his shooting touch. He almost single-handedly subdued the Florida Gators to book passage to the Final Four, draining all six three-point attempts in a 22-point performance.

Afterwards, Stauskas made clear that he appreciated the significance of his accomplishments.

"I'm a freshman," he told reporters after that game in Arlington, Tex. "I feel spoiled right now. The Final Four my first year, it's unbelievable."

Michigan hadn't reached the Final Four since consecutive title-game appearances in 1992 and 1993. Those were the freshman and sophomore years of the Fab Five — Chris Webber, Jalen Rose, Juwan Howard, Ray Jackson and Jimmy King.

The Wolverines lost both of those games.

If they are to have a better result Monday, Stauskas is expected to figure prominently. Even after being held pointless and then getting benched in Saturday's national semifinal win over Syracuse, teammate Trey Burke said he still would look for him to step up big in the matchup against Louisville (34-5). TORSTAR NEWS SERVICE

Online

Go to metronews.ca for the results of Monday night's national championship in Atlanta.

2012-2013 in review

NCAA had more ills than spills

Once the nets are down and the confetti stops flying, it will be safe to open your eyes again, basketball fans.

Yes, 2012-13 has been one ugly season.

Scoring hasn't been this low in decades and the same for shooting percentages. Foul calls also are way down, which turned much of this year's action into something more like wrestling with occasional breaks for free-throw shooting.

Long delays for video reviews, confusion over the charge-block call, hand-checking, arm-blocking and an endless string of TV timeouts made most games were hard to sit through.

"It doesn't take long, if you're really watching, to see what's happening and say, 'Oh my God, this is awful,'" said ESPN analyst Jay Bilas, who has been one of the most outspoken critics of the state of the game. THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	60	16	.789	—
New York	50	26	.658	10
Indiana	48	29	.623	121/2
Brooklyn	44	32	.579	16
Chicago	42	34	.553	18
Atlanta	42	36	.538	19
Boston	40	37	.519	201/2
Milwaukee	37	39	.487	23
Philadelphia	31	45	.408	29
Toronto	29	48	.377	311/2
Washington	29	48	.377	311/2
Detroit	26	52	.333	35
Cleveland	24	52	.316	36
Orlando	19	59	.244	42
Charlotte	18	59	.234	421/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	57	20	.740	—
Oklahoma City	56	21	.727	1
Denver	53	24	.688	4
L.A. Clippers	51	26	.662	6
Memphis	52	25	.675	5
Golden State	44	33	.571	13
Houston	43	34	.558	14
Utah	41	37	.526	161/2
L.A. Lakers	40	37	.519	17
Dallas	38	39	.494	19
Portland	33	44	.429	24
Minnesota	29	47	.382	271/2
New Orleans	27	50	.351	30
Sacramento	27	50	.351	30
Phoenix	23	54	.299	34

x — clinched playoff berth; z — clinched conference.

Tuesday's games
All Times Eastern
Cleveland at Indiana, 7 p.m.
Washington at New York, 7:30 p.m.
Milwaukee at Miami, 7:30 p.m.
Philadelphia at Brooklyn, 7:30 p.m.
Charlotte at Memphis, 8 p.m.
Toronto at Chicago, 8 p.m.
Phoenix at Houston, 8 p.m.
Oklahoma City at Utah, 9 p.m.
New Orleans at L.A. Lakers, 10:30 p.m.
Minnesota at Golden State, 10:30 p.m.

BASKETBALL

NCAA

NATIONAL CHAMPIONSHIP
Monday's result
Louisville vs. Michigan

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	39	29	10	0	0	127	95	58
d-Montreal	38	25	8	3	2	120	91	55
d-Washington	39	20	17	2	0	117	110	42
Boston	38	25	9	2	2	108	81	54
Toronto	39	22	13	0	4	121	109	48
Ottawa	38	19	13	2	4	94	85	44
NY Rangers	39	19	16	0	4	96	94	42
NY Islanders	39	19	16	3	1	113	119	42
New Jersey	39	15	14	3	7	92	106	40
Winnipeg	40	19	19	0	2	98	120	40
Buffalo	39	16	17	2	4	105	118	38
Philadelphia	38	17	18	1	2	106	118	37
Carolina	38	16	20	1	1	99	121	34
Tampa Bay	38	16	20	0	2	121	114	34
Florida	39	13	20	5	1	96	132	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Chicago	38	29	5	0	4	128	83	62
d-Anaheim	39	26	8	2	3	121	98	57
d-Vancouver	38	21	11	1	5	103	95	48
Los Angeles	39	22	13	1	3	114	96	48
San Jose	38	20	11	3	4	98	94	47
Minnesota	38	22	14	1	1	103	97	46
St. Louis	37	21	14	1	1	106	98	44
Detroit	39	19	15	3	2	99	101	43
Phoenix	38	17	15	2	4	105	104	40
Dallas	38	18	17	2	1	104	117	39
Edmonton	38	16	15	4	3	100	106	39
Columbus	39	16	16	3	4	91	104	39
Nashville	40	15	17	2	6	96	109	38
Calgary	37	13	20	1	3	99	133	30
Colorado	38	12	21	4	1	89	121	29

Monday's results
Boston 6 Carolina 2
Toronto 4 NY Rangers 3
Calgary at Colorado
Phoenix at Vancouver
Edmonton at Anaheim
Tuesday's games
All Times Eastern
Pittsburgh at Carolina, 7 p.m.
San Jose at Columbus, 7 p.m.
Philadelphia at NY Islanders, 7 p.m.
Washington at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Buffalo at Winnipeg, 8 p.m.
Chicago at Minnesota, 8 p.m.
St. Louis at Nashville, 8 p.m.
Los Angeles at Dallas, 8:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	5	2	.714	—
Tampa Bay	3	3	.500	1½
Baltimore	3	4	.429	2
New York	3	4	.429	2
Toronto	2	4	.333	2½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	4	2	.667	—
Kansas City	4	3	.571	½
Minnesota	4	3	.571	½
Detroit	3	3	.500	1
Cleveland	3	4	.429	1½

WEST DIVISION

	W	L	Pct	GB
Oakland	5	2	.714	—
Texas	4	2	.667	½
Seattle	3	4	.429	2
Los Angeles	2	4	.333	2½
Houston	1	5	.167	3½

Monday's results
Boston 3 Baltimore 1
N.Y. Yankees 11 Cleveland 6
Kansas City 3 Minnesota 1
Tampa Bay at Texas
Houston at Seattle
TUESDAY'S GAMES — All Times Eastern
Toronto (Morrow 0-0) at Detroit (Sanchez 0-0), 1:05 p.m.
N.Y. Yankees (Pettitte 1-0) at Cleveland (Carrasco 0-0), 7:05 p.m.
Tampa Bay (Hernandez 0-1) at Texas (Tepesch 0-0), 8:05 p.m.
Minnesota (Pelfrey 1-0) at Kansas City (Guthrie 1-0), 8:10 p.m.
Oakland (Parker 0-1) at L.A. Angels (Wilson 0-0), 10:05 p.m.
Houston (Bedard 0-0) at Seattle (Maurer 0-1), 10:10 p.m.

NATIONAL LEAGUE
Monday's results
Milwaukee 7 Chicago Cubs 4
Cincinnati 13 St. Louis 4
N.Y. Mets 7 Philadelphia 2
Atlanta 2 Miami 0
Pittsburgh at Arizona
Colorado at San Francisco.

PLAYERS' CHAMPIONSHIP
The Battle For The Hammer
GRAND SLAM OF CURLING
APRIL 16-21
2013
MATTAMY ATHLETIC CENTRE I TORONTO, ON
(FORMERLY MAPLE LEAF GARDENS)
You could win a pass for four to see all the games at the Grand Slam of Curling!
VISIT clubmetro.com TO ENTER
THE BEST IN THE WORLD BATTLE FOR $200,000 IN PRIZE MONEY
TICKETS ON SALE NOW! TICKETMASTER.CA/GRANDSLAM
SPORTSNET
SPORTSNET.CA/GRANDSLAMOFCURLING
No purchase necessary. Contest open to residents of the Greater Toronto area, excluding Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. One (1) Grand Prize is available to be won, Six(6) secondary prizes are available to be won. Skill testing question required. Contest closes April 14th 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

Boo birds for Blue Jays

Toronto fan habits die hard

CATHAL KELLY
Special to Metro

If we want to be understanding about it, the act of booing your own team comes from a frustrated place of encouragement.

"I expected you to be good, and you're not. Be better. Or else."

On this basis, there is no more angrily encouraging city in North America than the one we live in.

We're more reactionary than Boston. More knee-jerk than New York. We throw jeering shade on Philadelphia, and if you've ever been there, that city has a real reason to be angry.

If you play professional sports here, Toronto wants you to know where you stand. Based on recent events, most of you should stand facing the corner.

Over the last year, we've given it to all four pro teams in town. Over and over again.

R.A. Dickey arrived here so feted he ought to have been wearing garlands. Two starts and 10 earned runs in, he left Sunday's game to an accompaniment best suited to a walk to the gallows.

"I think the real fans understand that it is indeed a marathon," Dickey said after the jeers.

If you play professional sports in Toronto, you'll know where you stand. Based on recent events, most of you should stand facing the corner.

GO TO METRONEWS.CA FOR MORE FROM CATHAL KELLY ON TORONTO SPORTS FANDOM.

Kessel kin OK with villain role in Ottawa

Hockey. Sister to Leafs sniper in line to help U.S. win world championship

Toronto Maple Leafs forward Phil Kessel is unloved in Ottawa when the Senators host the NHL's battle of Ontario. His sister Amanda will accept the role of villain in that city if it means a gold medal at the women's world hockey championship.

"I guess I wouldn't mind not being popular if our team won," Amanda says. "It's just exciting to be here in Canada, a country that really supports hockey."

The 21-year-old from Madison, Wis., is evolving into a dominant player for the U.S. She's four years younger than Phil, yet comparisons of their games will arise.

"People always say we look like each other when we skate," Phil says. "She's a really skilled player. She's a great player and when you watch her, she does all the little things real well."

Amanda has also heard comments comparing their skating strides.

"That makes me happy to hear," the sister says. "Obviously an awesome player and my favourite player to watch and somebody I really look up to.

"I think we both kind of stick handle and see the ice the same way. I like to pass the puck a little bit more and he likes to shoot it a little bit more. I don't quite have that shot obviously."

Amanda draws on her older brother's experience to navigate challenges on and off the ice.

"Whenever we're in slumps or not playing well, we shoot texts back and forth," she says. "He's just someone who, yeah, if something's not going well with me, he's been there and he's obviously had his fair share with coaches and media and whatnot on his side. He's always someone good to go to." THE CANADIAN PRESS

Minnesota forward Amanda Kessel celebrates with her team after scoring a goal against Boston University in the women's Frozen Four NCAA Championship on March 24 in Minneapolis. Kessel was named the top female player in the NCAA this past season as Minnesota went undefeated. STACY BENGS/THE ASSOCIATED PRESS

Quoted

"She's the best or one of the best in the world right now and she's not even 100 per cent."

Minnesota goalie Noora Raty on Amanda Kessel bouncing back from hip surgery she had last June

Booking a spot in the final

Hillary Knight scored the winning goal with just over six minutes to play and the United States advanced to Tuesday's final in the IIHF Ice Hockey Women's World Championship with a 3-0 win over Finland on Monday.

- The U.S. will face Canada, which got a pair of goals from Marie-Philip Poulin and defeated Russia 8-1 in the other semifinal on Monday night.
- It will be the 15th time Canada and the U.S. have clashed for gold at the world championship.

Chinese teen to get pro tutorial at the Masters

Guan Tianlang is in good company this week at Augusta National.

He played a practice round Monday with two-time Masters champion Ben Crenshaw, then headed out in the afternoon with Tiger Woods. He has a game lined up Tuesday with Tom Watson, an eight-time major champion. On Wednesday, he plans to play with Nick Faldo, winner of six majors.

Can't he play with someone his own age?

Not at this Masters.

Guan is the 14-year-old from China, the youngest to ever play in the Masters and the youngest at any major in 148 years. He qualified by winning the Asia Pacific Amateur Championship last fall in Thailand, and now gets a crack at the best in the game on one of the most famous courses in the world.

Nerves? So far, only a big smile.

"I'm really excited in the morning when I come out on the course and there's many people here," Guan said Monday, conducting his news conference in English with a Chinese translator at his side in case he needed help. He rarely did.

The kid has shown to be special in many ways.

He went wire-to-wire in the Asia Pacific amateur, and he wasn't even rattled as he calmly rapped in a five-foot par putt for the one-shot win on the final hole. THE ASSOCIATED PRESS

MLB

Red Sox's hot start continues at home

A second brilliant start by Clay Buchholz. A clutch homer by Daniel Nava. Another flawless fielding performance by the Boston Red Sox.

The fans at Fenway Park saw for the first time what all the excitement is about as the surprising Red Sox beat the Baltimore Orioles 3-1 in Boston's home opener on Monday. The Red Sox improved to 5-2 for their best start in seven years.

THE ASSOCIATED PRESS

Capsized vessel. Canadian rower, crew back on dry land

Adrenalin and instinct — plus thoughts of his expanding family back home — helped guide Adam Kreek to safety during his harrowing ocean capsize.

The Canadian rower had to swim underwater to escape his overturned boat Saturday in the Atlantic Ocean, but the Olympic gold medallist and his crew are back on dry land in Puerto Rico recovering from their journey and pondering how to salvage their vessel.

Kreek, fellow Canadian Markus Pukonen and Americans Patrick Fleming and Jordan Hanssen were into Day 73 of their voyage from Senegal and about 1,370 kilometres from Miami when their boat was hit by a series of steep waves.

Kreek was a member of the men's eight that won gold at the 2008 Beijing Games.

THE CANADIAN PRESS

Quoted

"Life is awesome, so it's worth fighting for."

Adam Kreek, Canadian rower

STOP HAIR LOSS

for MEN and for WOMEN

#1 SELLING IN CANADA

Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

See our website to locate your nearest store that carries *Bio-Fen® Plus*.

www.biofen.com

1-866-424-7745

Available at Health Food Stores, Supplement Stores & Independent Pharmacies

Save $5.00 off your purchase with this coupon!

Each coupon is valid for one bottle of Bio-Fen® Plus for Men or Bio-Fen® Plus for Women. Valid one coupon per bottle. Coupon is void when reproduced or altered in anyway. Coupon expires on June 30, 2013. Retailers must submit all coupons for reimbursement to Hair Grow Technology within 30 days after the expiration date. Redeemed coupons must be accompanied with a copy of the purchased receipt.

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

For more information visit us online at **www.DavidSklar.com**

STOP COLLECTION CALLS

CALL ERIKA
(LICENSED DEBT EXPERT)

GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Trustee in Bankruptcy
www.rusinek.ca

DO YOU HAVE LOCKED-IN PENSION MONEY?

You can have your money from a former pension if you are in financial problems.

(416)832-4468
Pension Benefits Claims

What would you do with $20,000?

LOWEST RATES for bad credit loans in GTA since 1984

PFS

✓College tuition?
✓Home Renovation?
✓Wedding?

You decide.

Have a paid off car 6 years or newer?
You could borrow up to $20,000 the same day from *Prudent Financial.*

416-634-2013 BorrowWithYourCar.com

CREDIT PROBLEMS?

REDUCE YOUR DEBTS & SLEEP WELL

Consolidate All Your Debts Into One Small Monthly Payment & Pay NO Interest

EMPIREONE CREDIT SOLUTIONS

WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
416-900-2324
www.empireonecredit.com

BBB ACCREDITED BUSINESS

SCARBOROUGH
250 Consumers Rd. Suite 810

OSHAWA
286 King St. W. Suite 303

NORTH YORK
1111 Finch Ave. W. Suite 207

MISSISSAUGA
165 Dundas Ave. W. Suite 307

DEBT RELIEF

Are you drowning in debts?
Let us help you...

- consolidate debts, low monthly payments
- stop harassing creditors, collection calls and garnishments
- settle your debts without a bankruptcy
- reduce the amount to pay back, no interest

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709

RUMANEK & CO. LTD.

Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga. Tel: 416-665-DEBT

Northwood Mortgage™ 5 YEARS 2.89%!!

- Flexible
- Pay Off Credit Cards
- Self Employed
- 1st and 2nd Mortgages
- Secured Lines of Credit

416-969-8130 **1-888-257-8130**
www.northwoodmortgage.com

CALL TODAY!
Licence # 10349

Consumer Loans

clnfinance™

Quick and Easy approvals
Discharged from bankruptcy or consumer proposal welcome
APPLY TODAY
Tel# 416.494.1144
www.clnfinance.com

MORTGAGES

1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154

MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

LEGAL

Mazinani Law Offices

Divorce Centre

Experienced Family Lawyers

- Uncontested Divorce *($199 plus court fee)*
- Child Custody and Access
- Child and Spousal Support
- Division of Property
- Motion to Change Orders

Tel: 416-485-8545

6026 Yonge Street (Yonge and Finch)

HEALTH

STOP!

Do You Have ASTHMA?

We are currently looking for volunteers, 12-75 years of age to participate in various asthma research studies.

The studies will provide you with all study medication.
An honorarium will be paid upon study completion.

If you are interested in participating in a trial please call JDM Research Inc. at 416-483-4720

Our office is conveniently located at Bayview and Eglinton with a TTC stop at our door!

WORK / EDUCATION

MOTOR CLUB OF AMERICA

Independent Agents Wanted

- No experience needed
- Part-time/Full-time
- Potential to earn $400-$800+ a week
- $80.00 per referral
- GREAT BENEFITS

CALL:647-499-8093
www.joinmca.com/harmony
ACCESS TO INTERNET REQUIRED

PSYCHIC

Pandit: Balram

The Most Powerful Spiritual Healer

Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court

100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...

416-400-4264
474 Dundas st. W, Mississauga (Dundas & Hurontario)

PSYCHIC

Mr. IBRAHIM

AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression.
Success in business.
Court cases.
Protection against evil.
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. **416-783-3910**

Pandit: Maha Deva

The Most Powerful Spiritual Healer

Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court

$5 Reading

100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...

647-709-6677
(Markham & Finch)

WORLD REKNOWNED SPIRITUAL ASTROLOGER

Pandit: Rama Swamy

Love, Business, Job, Finance, Health, Court Sexual Problem, Divorce, Personal Matters,Curse, Depression Etc

He will Remove & Destroy Bad Luck, all Negativity, Black Magic, Evil and gives Protection

100% Guaranteed Results

647-719-6999
2065 Derry Rd E. (Airport & Derry) & Scarborough

International Famous Spiritualist Pandit Shiva Vishnu Baba

Suggestions: Solutions:

- Money
- Family
- Love
- Job
- Court
- Kids Etc
- Black Magic
- Jadoo
- Obeau
- Voodoo
- Bad Luck

100% Guarantee, All Religions Welcomed

416-843-3563
(Markham & Lawrence, Inside Best Deals)

INDIAN PSYCHIC SPIRITUALIST

MASTER KRISHNA

Specialist in:

- BRINGING BACK LOVED ONES
- CHILDREN MISTAKE
- RELATIONSHIP
- REMOVING BAD LUCK

Ph: 647-657-9575
(Middlefield & Finch)

PSYCHIC READER

Are you having problems? Worried? Unhappy or separated from the one you love? Then call me! I can and will bring back the one you love! Control his or her mind; call out your enemies by name, remove all evil, bad luck and negativity from your life.

Control all legal problems and immigration

Call toll free **1.888.913.8468**
for a free reading

Horoscopes

♈ Aries
March 21 - April 20
Your mind is full of brilliant ideas. What are you going to do with them? Don't just let them sit there doing nothing. Good ideas are like fertilizer, they need to be spread around so they can help people grow.

♉ Taurus
April 21 - May 21
A new opportunity is about to come your way. Make sure you use it wisely. Yes, you will have to adapt to events that don't feel natural to you, but the effort will be worth it.

♊ Gemini
May 22 - June 21
Someone will try to get you to tone down your opinions a bit today — and you must have none of it. The world needs to hear what you have to say.

♋ Cancer
June 22 - July 23
You need to act tough today, even if you don't feel tough. Give employers and other important people an image of you that is strong and self-assured, even if that is far from what you actually feel.

♌ Leo
July 24 - Aug. 23
This is a wonderful time for you, a time of exciting adventures and encounters. You certainly won't have any reason to complain that you are bored over the next 24 hours. If anything, there will be too much going on.

♍ Virgo
Aug. 24 - Sept. 23
You have so many options that it may get a bit too confusing. What happens over the next two or three days will nudge you in the right direction. Any choice is a good choice.

♎ Libra
Sept. 24 - Oct. 23
From the look of your solar chart, it would appear that someone is hoping you will say or do something they don't have the guts to say or do themselves. You don't mind.

♏ Scorpio
Oct. 24 - Nov. 22
Don't stop to question why you are following a certain course of action. The fact that you have begun means you need to go all the way, regardless of whether your initial choice was right or wrong. Just do it.

♐ Sagittarius
Nov. 23 - Dec. 21
You are proud of your openness to new ideas but one idea you encounter today may be a bit too much for you. Does it make you feel uncomfortable that an unpleasant belief may be true?

♑ Capricorn
Dec. 22 - Jan. 20
It seems you have something to say that is likely to hurt the feelings of more sensitive sorts. Say it anyway because someone has to tell the truth.

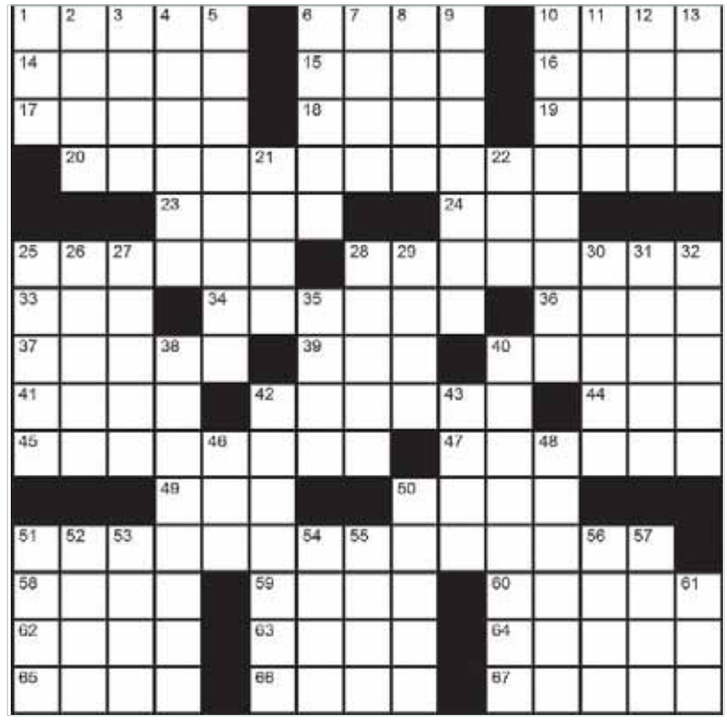
♒ Aquarius
Jan. 21 - Feb. 19
Spend time with friends today because they can help you get past the negative thoughts you've been having of late. You've done so much for them that they will jump at the chance to repay your kindness.

♓ Pisces
Feb. 20 - March 20
What happens today will make it clear where you stand with certain people and why your association is unlikely to last. Not all relationships stand the test of time. Move on to better things. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



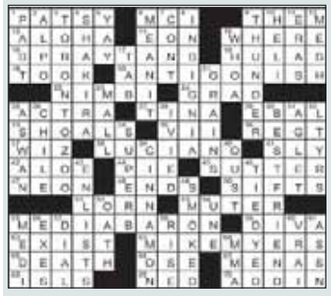
Across

1. Cable news channel
6. Cutting remark
10. Gladiator's 451
14. Standoffish
15. Wing-shaped
16. Iron, and others
17. 1994 gold medal figure skater, Oksana __
18. Not wild
19. Kind of lily
20. Its slogan is 'Let's get moving.'
23. Belgium neighbour, for short
24. Anonymous surname
25. __ corpus
28. Canadian show Tracy Moore hosts
33. Ms. Gardner
34. Money, informally
36. Top-__ washer
37. Court garbs
39. Hit the jackpot
40. Singer Ms. Braxton's
41. Classic record label
42. Livestock food
44. 'Select' suffix
45. Ancient strong guy
47. Mimer Mr. Marceau
49. "__ questions?"
50. Flintstones pet
51. Canadian-invented board game: 2 wds.
58. Mystique
59. Hot Heat __": 2 wds.
60. Becomes threadbare
62. Make a scarf
63. Above
64. "Stand By Me" by Ben _. __
65. 'Fin' finisher
66. Longbow woods
67. Was introduced to again, say

Down

1. Fairy queen in literature
2. __ on some paint
3. 'Para' suffix ("I'm being watched!" feeling)
4. Matt Damon flick, "The __ Supremacy" (2004)
5. Ti-Cats, Stamps and Bombers: 2 wds.
6. Collection of stuff
7. Jai __
8. Incline
9. Scope
10. Diana Krall's musician hubby, Elvis __
11. Three: German
12. Toy building block
13. Glenn Frey's "The
21. "Don't make __ complicated.": 2 wds.
22. Not forthright
25. Severe
26. "Let's take _ __."
27. Jean de Brunhoff's elephant
28. Lummoxes
29. "..._ __ my Annabel Lee..." - Edgar Allan Poe
30. Ancient Greece column style
31. Gullible
32. Car named after Henry Ford's son
35. "_ __ is me." (Sniff, sniff)
38. Dig up
40. Catch a connecting bus
42. "...only __ __ / I don't know where my soul is..." - Nelly Furtado
43. Title in Turkey
46. Prefix to 'form' (Soldier's suit)
48. Mickey of movies
50. Garbage spots
51. Accept
52. Bits of vocal acrobatics
53. Van Gogh flower
54. Tardy
55. Ship's front
56. "_ __ to please!"
57. England's Newcastle-upon-__
61. Beatles' Pepper, e.g.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					9	4		8
8	4		3	5				9
	7							
3		8			4	6		
9								7
		5	9			3		1
							5	
6				1	3		8	2
2		3	7					

Yesterday's Sudoku

2	8	9	1	7	5	4	3	6
4	7	1	8	6	3	2	5	9
3	6	5	2	4	9	1	7	8
6	3	7	5	1	8	9	2	4
9	1	2	6	3	4	5	8	7
5	4	8	7	9	2	3	6	1
8	9	4	3	2	7	6	1	5
7	2	6	9	5	1	8	4	3
1	5	3	4	8	6	7	9	2

Today
15°/1°
Showers
40%

Wednesday
8°/1°
Rain
80%

Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD

©The Weather Network 2013

How do I become a Dentist ?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

FLIGHT CENTRE®
Unbeatable
1 877 923 2248
flightcentre.ca

Maui Air + 7 Nights
$1276
Outrigger Royal Kahana
INCLUDES accom in an oceanfront resort near Kona Beach.
Departs Jun 6/wsv/ws.

Conditions apply. Ex.Toronto ◊Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). Package, cruise, tour, rail & hotel prices are based on double occupancy for total length of stay, unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. wsv/ws=westjet. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

Hudson's Bay Optical

Our lowest prices of the season

60% off eyeglasses

Includes frames up to $200,
single vision and progressive lenses

Complete pair purchase required. Selected designer frames only. Specialty lenses and lens options are additional. See optician for details. Offer ends April 30 2013.

CALL TODAY FOR AN EYE EXAM

Square One	(905) 270-7600 x406
Queen Street	(416) 861-6201
Bloor & Yonge	(416) 972-3352
Yorkdale Mall	(416) 789-8636
Fairview Mall	(416) 491-2010 x264
Sherway Gardens	(416) 626-4711
Scarborough Town Centre	(416) 296-0555
Eglinton Square	(416) 759-4771
Oshawa Centre	(905) 571-1211

HUDSON'S BAY